

Seafood Chili

written by The Recipe Exchange | June 4, 2015

Ingredients

1 Tbls. vegetable oil
1/2 cup diced red onion
4 cloves garlic – chopped
1/2 cup diced celery
1 Lb. med. shrimp – peeled, deveined, tails removed
1 Lb. boneless, skinless white fish
1/2 lb. bay scallops
1 lrg. can whole tomatoes – chopped
1 can dark kidney beans
8 oz. can tomato paste
1 Tbls. chili powder
1/2 tsp. ground coriander
2 bay leaves
1 tsp. cayenne pepper
1 tsp. granulated sugar
1 tsp. salt
1 tsp. ground black pepper
1/4 cup diced green peppers
1/2 cup diced red peppers

Directions

Heat oil in a large sauce pan; add onions, garlic, celery, and seafood.
Sauté until almost cooked; add tomatoes.
Reduce heat to medium low and add beans, tomato paste, spices, and peppers.
Stir, scraping bottom of pan to ensure the seafood is not stuck on the bottom.
Heat until bubbling, then reduce heat, cover, and let simmer for 30 minutes.