



Total Time
45 MIN.

Serving Size
8 FL. OZ. (250ML)

Difficulty
EASY

Yields
24

Travel to Mexico by tasting this seafood-based stew that uses Pace® Chunky Salsa as a base and fills up with black beans, fish, shrimp and corn with a fresh cilantro finish.



Tip

* Option: substitute 3 ½ lbs (1.6 kg) seafood medley for the shrimp and white fish.

INGREDIENTS

| | WEIGHT | MEASURE |
|--|---------|---------|
| Oil, vegetable | 2 tbsp | 30 mL |
| Onions, sweet, minced | 4 lbs | 3 L |
| Cumin, ground | 1 tbsp | 15 mL |
| Peppers, bell, green and red, diced | 8 cups | 2 L |
| Pace® Chunky Salsa (Mild) | 4 cups | 1 L |
| V8® Vegetable Cocktail | 8 cups | 2 L |
| Water | 4 cups | 1 L |
| Beans, black, canned, drained | 4 cups | 1 L |
| Corn, frozen, kernels | 4 cups | 1 L |
| *Fish, white, firm, frozen, 1-in. chunks | 2 lbs | 900 g |
| *Shrimp, medium, peeled, deveined | 1.5 lbs | 680 g |
| Cilantro, fresh, minced | 1 cup | 250 mL |
| Sour cream, low-fat (optional) | 3/4 cup | 175 mL |

INSTRUCTIONS

1. In large pot heat oil over medium-high heat; add onions and cook 4 minutes. Add cumin and continue cooking 1 minute. Stir in peppers and sauté 6-8 minutes more.
2. Pour in Pace® Salsa, V8® Vegetable Cocktail and water and bring to a boil; reduce heat and simmer stew base 10 minutes.
3. Stir in black beans and corn and return to a simmer; cook 5 minutes.
4. Add fish and shrimp and cook 3-4 minutes. CCP: Heat to an internal temperature of 165°F (74°C) or higher for 15 seconds. CCP: Hold hot at 140°F (60°C) or higher for service.
5. Just before service, stir in cilantro.
6. To Serve: Ladle 8 fl oz (250 mL) stew into a bowl or soup plate. Top with a ½ Tbsp (8 mL) dollop of sour cream, if desired.