



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.