

Spicy Seafood Stew: A Flavor-Packed, Cozy One-Pot Meal

Spicy Seafood Stew: A Bold, Cozy, and Satisfying Bowl



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5 min

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INGREDIENTS

- 1 lb mixed seafood (shrimp, scallops, squid)
- 2 tbsp olive oil
- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 red bell pepper, diced
- 1 can (14.5 oz) diced tomatoes
- 2 cups fish broth (alcohol-free)
- 1 tbsp tomato paste
- 1 tsp red pepper flakes (adjust to taste)
- 1/2 tsp smoked paprika
- 1/2 tsp dried thyme
- Salt and black pepper, to taste
- 1/4 cup chopped fresh parsley
- Juice of 1 lemon

DIRECTIONS

- Sauté Aromatics:** Heat olive oil in a large pot over medium heat. Add onion, garlic, and red pepper. Cook until the onion is soft and translucent, about 5 minutes.
- Build the Base:** Stir in diced tomatoes, fish broth, tomato paste, red pepper flakes, smoked paprika, thyme, and salt and pepper. Bring to a simmer.
- Cook the Seafood:** Add your seafood mix to the pot. Simmer gently for 5-7 minutes or until the seafood is opaque, firm, and cooked through.
- Finish and Serve:** Stir in lemon juice and fresh parsley just before serving. Taste and adjust seasoning as needed.
- Serve It Right:** Ladle hot stew into bowls and serve with crusty bread or over rice for a hearty finish.

SWAPS & NOTES

and Swaps Seafood : Use any mix-mussels, clams, or firm white fish work too.

Broth : Fish broth elevates the flavor, but veggie or chicken will do in a pinch.

Spice level : Adjust red pepper flakes to your preference or add a diced jalapeño.

Finishers : Lime juice works in place of lemon for a slightly sharper brightness.

TIPS FOR SUCCESS

Don't overcook seafood -shrimp should curl and scallops firm up just right.

Let the spices bloom -saute garlic and onion until aromatic before adding broth.

Make-ahead friendly : Pre-mix the broth, tomatoes, and spices; add seafood at the last minute.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/spicy-seafood-stew-a-flavor-packed-cozy-one-pot-meal/>