

Easy Fiery Seafood Stew Recipe for Cozy Nights

Let's dive into what makes this stew so irresistible.



TIME
40 min

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INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon dried thyme
- 1 can (14.5 ounces) diced tomatoes
- 4 cups seafood or chicken broth
- 1 pound white fish fillets (cod or halibut), cut into chunks
- $\frac{1}{2}$ pound large shrimp, peeled and deveined
- $\frac{1}{2}$ pound scallops
- 1 cup fresh or frozen corn kernels
- ... cup fresh parsley, chopped
- Salt and pepper, to taste
- Juice of 1 lemon

DIRECTIONS

- 1. Saut  the Aromatics:** Heat olive oil in a large pot over medium heat. Add the chopped onion and cook for about 5 minutes until softened. Stir in garlic, red bell pepper, and green bell pepper. Cook another 3-4 minutes until tender.
- 2. Infuse with Spices:** Add smoked paprika, cumin, crushed red pepper flakes, and thyme. Stir constantly for 1-2 minutes until fragrant. This step builds the stew's signature bold flavor.
- 3. Blend Tomatoes and Broth:** Pour in diced tomatoes with their juices and the broth. Stir well and bring to a gentle simmer. Cook for about 10 minutes to allow the flavors to meld.
- 4. Cook the Seafood:** Add chunks of white fish, shrimp, and scallops. Simmer gently for 5-7 minutes, just until seafood is opaque and cooked through. Stir in corn and cook 2-3 more minutes.
- 5. Finish with Freshness:** Add chopped parsley and lemon juice. Season with salt and pepper to taste.
- 6. Serve:** Ladle into bowls and serve hot with crusty bread for dipping.

SWAPS & NOTES

Versatile seafood - Easily adaptable to what's fresh or on sale.

Ready in about 40 minutes - Perfect for weeknights but elegant enough for guests.

It reminds me of the depth of flavor in This Cajun Chicken Sausage Gumbo Is My Favorite Bowl of Southern Comfort, but with a brighter coastal twist and lighter broth.

Choose firm white fish that won't fall apart.

TIPS FOR SUCCESS

It cooks quickly-keep the heat gentle.

A 5-minute rest off heat allows flavors to settle.

A little extra lemon or pinch of salt can brighten everything.

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

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