



Slow Cooker Cioppino

Active Time: 15 minutes | **Total Time:** 4 hours | **Serves:** 8

Nutrition Information Per Serving

181.3 calories, 6.86 g carbohydrate, 1.4 g fiber, 5.46 g NET carbs, 31.29 g protein, 2.69 g fat

Ingredients

- 2 cup(s) Pacific Organic Bone Broth (Chicken)
- 1 medium organic carrot, sliced
- 1 tsp organic garlic, minced
- 1 medium organic onion, chopped
- 4 Tbsp(s) fresh parsley, minced
- 1 medium organic green pepper, chopped
- 1 tsp sea salt
- 1 16-oz can organic diced tomatoes with juice
- 1/2 tsp(s) freshly ground black pepper
- 1/2 tsp(s) organic dried oregano
- 1/2 pound(s) wild shrimp, cooked
- 1 pound wild Alaskan halibut, cubed
- 7 ounce(s) canned wild clams
- 6 ounce(s) sustainable lump crab meat

Preparation

1. Combine halibut, vegetables, garlic, diced tomatoes, broth and seasonings in slow cooker.
2. Cover, cook on Low 4-6 hours.
3. Thirty minutes prior to serving, turn to High and stir in remaining seafood.
4. Garnish with parsley.
5. Serve.

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