

RECIPE | TOMATOES

WINTER TOMATO SEAFOOD CHOWDER



pure
flavor[®]



PURE-FLAVOR.COM

WINTER TOMATO SEAFOOD CHOWDER



INGREDIENTS

3 dry pints Pure Flavor® Sangria® Medley Tomatoes, halved
6 sprigs fresh thyme
4 celery stalks, chopped
2 340g bags frozen seafood mix
2 lbs yellow potatoes, chopped
2 bay leaves
1 onion, quartered
1 fennel bulb, sliced

1 leek, sliced
8 cups seafood broth
3 tbsp olive oil
1 tsp minced garlic
1 tsp red pepper flakes
Salt & pepper, to taste
French loaf, optional for serving

DIRECTIONS

- 1 Heat oil in a large pot over medium heat. Add thyme, garlic, celery, bay leaves, onion, red pepper flakes, fennel, & leek, and sauté for 5 minutes.
- 2 Season with salt & pepper to taste, then add broth and potatoes. Bring to a boil and reduce to a simmer for 15 minutes.
- 3 Add frozen seafood mix & tomatoes and simmer for additional 10 minutes.
- 4 Divide among bowls, season with salt & pepper, and serve with a side of bread, if desired.



50 min

20 min PREP. | **30 min** COOKING



8



easy