

SEAFOOD STEW

Yield 100

Portion 1-1/2 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
247 cal	30 g	27 g	2 g	101 mg	807 mg	67 mg

**Ingredient**

COOKING SPRAY, NONSTICK  
 PEPPERS, GREEN, FRESH, CHOPPED  
 PEPPERS, RED, FRESH, CHOPPED  
 ONIONS, FRESH, CHOPPED  
 CHILI POWDER, DARK, GROUND  
 SEASONING, OLD BAY  
 GARLIC POWDER  
 JUICE, ORANGE  
 STOCK, CHICKEN  
 TOMATOES, CANNED, DICED, INCL LIQUIDS  
 RICE, LONG GRAIN & WILD  
 FISH, COD FILLETS, FROZEN, SKINLESS  
 SHRIMP, FROZEN, RAW, PEELED, DEVEINED

**Weight**

1-1/2 oz  
 6-1/8 lbs  
 6-1/8 lbs  
 3-3/4 lbs  
 3-1/8 oz  
 3-1/4 oz  
 1-1/4 oz  
 8-3/4 lbs  
 16-7/8 lbs  
 20-3/4 lbs  
 4-1/4 lbs  
 16 lbs  
 10 lbs

**Measure**

3 tbsp  
 1 gal 2/3 qts  
 1 gal 2/3 qts  
 2 qts 1-1/2 cup  
 3/4 cup  
 1/4 cup 1/3 tbsp  
 1 gal  
 2 gal  
 2 gal 1 qts  
 3 qts

**Issue**

7-1/2 lbs

**Method**

- 1 Stir-cook peppers and onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly. Add the chili powder, Old Bay seasoning and garlic powder. Stir-cook for 1 minute. Add orange juice to mixture; stir; cover.
- 2 Add chicken broth, tomatoes, and rice to cooked vegetable mixture. Bring to a boil. Cover; reduce heat; simmer 25 minutes or until rice is tender. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 3 Add fish and simmer gently 4 minutes. Add shrimp and simmer gently 2 to 3 minutes. DO NOT OVERCOOK. CCP: Temperature must register 145 F. or higher for 15 seconds.
- 4 Pour 2-1/3 gal into each steam table pan. CCP: Hold for service at 140 F. or higher.