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"Improving your life, one bite at a time" - Diane Eblin

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Mexican Seafood Soup Recipe

by [Diane Eblin](#) on [JANUARY 20, 2010](#) in [FAST/FRUGAL](#), [GLUTEN FREE](#), [MEATS, POULTRY & SEAFOOD](#), [MEXICAN](#), [RECIPES](#), [SOUPS & SALADS](#)



This is my version of clear out the frozen seafood I bought at ridiculously low prices before it's too late to use, and make it spicy soup. Scary how my brain works. Whenever I go to the grocery I always head to the seafood department to see what's on sale. I like getting those really good deals, and then when I cook up a lot, I don't feel like I've just blown the bank on one meal.

This soup is quick to make and it's a low calorie, but very filling meal. I'm serving it as part of our [Gluten Free Light Winter Warmers Progressive Dinner Party](#). For the complete party schedule slide down to the bottom of this post. You won't want to miss anything!



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CATEGORIES





Don't be intimidated by the long list of ingredients here. It's really just stock, tomatoes, seafood and seasonings.

Just read a great post on [Six Tips for Eating Quality Seafood on a Budget](#) over at Nourishing Gourmet. Thought you might like to check it out but don't forget to read on about this recipe. This recipe is also linked to Kim's [Pennywise Platter Thursday](#).

This recipe is also submitted to [What Can I Eat That's Gluten Free](#).

Ingredients:

1 box [Kitchen Basics, Stock Seafood, 32-Ounce \(12 Pack\)](#)

1-2 cups boiled shell stock

Fire Roasted diced tomatoes- 15 oz can

2 tsp Tomato paste

2 Jalapeño peppers diced (take out all seeds and white membrane for less heat)

2 cloves garlic minced

1 Cippolini onion chopped

1 TBS cilantro

1 tsp thyme

1 tsp Ancho Chili Pepper

1-2 large roasted red pepper diced

4 tsp green chilies diced

1-2 cup wine

seafood- shrimp, crab, lobster or whatever you have on hand

Sea Salt to taste

1 tsp White Pepper

1 tsp Black Pepper


1/2- 1 tsp Cayenne Pepper


1 bay leaf



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INGREDIENTS

agave avocado bacon beans beef
blueberry burger carrot celery cheese
chicken chocolate Coconut Oil corn
egg featured Food Rock Star
garlic GF Food Critic gluten free flour
jalapeno lime Masa Mexican Spices
milks mushroom nuts onions
pasta peppers pork potato quinoa
real food weekly Restaurant Review
seafood seeds Shrimp spinach tomatillos
tomatoes Turkey vinegar wine zucchini

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Organic Extra Virgin Olive Oil

Directions:

Start by gathering all of your supplies and mincing, chopping and dicing the vegetables.

If you have seafood in the shell, remove the shells and boil them on a soft boil for 15 minutes. This will make great stock to add to the soup. If you have shells, move this step to number one.

In a stockpot on medium high, saute your onions in a little oil until soft and starting to brown.



Next add in the jalapeno, and garlic for just a couple of minutes. You don't want to let the garlic brown, just soften.

Add in your tomatoes and seasonings and stir. Once combined add in the wine.



Now add in the stocks, bay leaf and tomato paste and let simmer for 10 minutes. You'll want to taste test it for seasoning levels. Make adjustments now.



Add in your seafood with the most dense items first. Let them cook a little and then add in the smallest sizes last. This way they won't overcook.

The whole process should take you 30 minutes from start to soup.



Notes:



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GLUTEN-FREE TRAVEL



I'M ONE!

I used 1 small lobster tail, around a pound of shrimp and 1 King Crab Leg. If I told you the total price I paid for all of this seafood you wouldn't believe me. Just make sure you check your seafood departments for the best deals, wrap it really well and mark it with name and date.

If you don't have freshly roasted green chilies around, use a small can of diced.

Fire roasted tomatoes taste the best in this recipe but if yours are not fire roasted don't let that stop you from making this recipe.

Any sweet onion will do if you can't find cipollini. They can be pricey.



Monday January 18th Karen from [Cook4Seasons](#) made [Creamy Potato Leek Soup](#) and [Roasted Cauliflower Soup with Gluten Free Croutons](#) by Alison from [Sure Foods Living](#).

Tuesday January 19th - [Winter Fire Roasted Tomato Soup w/ Prosciutto Topping](#) from Diane- [The W.H.O.L.E. Gang](#).

Wednesday January 20th - [Mexican Seafood Soup](#) from Diane- [The W.H.O.L.E. Gang](#) and [SeaMaiden](#) from [Book of Yum](#) with a [Vegan Un-Chicken Roasted Vegetable Soup](#).

Thursday January 21st – Amy from [Simply Sugar](#) and [Gluten Free](#) served [Black Bean Chili with Butternut Squash & Swiss Chard](#) and Shirley from [gluten free easily](#) shared [Wassail](#).

Friday January 22nd -Ali from [The Whole Life Nutrition Kitchen](#) served [Moroccan Chickpea and Potato Soup](#).

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23 Responses to *Mexican Seafood Soup Recipe*



Alta January 20, 2010 at 5:05 am #

This sounds SO good. I didn't know Kitchen Basics had a seafood stock! I'm going to have to ask my SuperTarget to see if they'll carry it. I know they carry the chicken, veggie, and beef stock. I like them because they're cheap and GF! I would love this soup. Yum.

REPLY



Lauren January 20, 2010 at 7:16 am #

Fantastic! This looks great and the flavours are simply mouth-watering =D.

REPLY



Alison January 20, 2010 at 10:25 am #

I have never used seafood stock — is it very fishy tasting?

REPLY



gfe--gluten free eas January 20, 2010 at 10:55 am #

Ah, seafood, my one true love! (Sorry, Mr. GFE.) I've never used seafood stock either. I've used clam base (like bouillon) to make seafood chowder. I'm imagining a similar end result, but would be curious to know what's in the seafood stock. I'll check online for that info later. This looks fabulous, Diane—thanks!

Shirley

REPLY



Iris January 20, 2010 at 4:24 pm #

I really like this idea! I think this would be a great meal to make for my brother in law who loves seafood!

REPLY



Stephanie - Wasabimo January 20, 2010 at 4:24 pm #

I've never used seafood stock either – at least from a box. I usually just use my shrimp shells and heads. 🍤

REPLY



gberg February 18, 2012 at 4:46 pm #

Dashi works great as a seafood stock.

REPLY



Chris January 20, 2010 at 6:43 pm #

Sounds Great! Something to make this weekend.

REPLY



Kimi @ The Nourishin January 20, 2010 at 7:35 pm #

This looks delicious! Thanks for the link back to my last post. 🍲 And hey, this post would be a great addition to Pennywise Platter Thursday! I just posted this weeks carnival. I would love to have you join it!

REPLY



Mikki January 21, 2010 at 8:55 am #

Just found your blog. This looks DELICIOUS!!

Can't wait to click around and soak all this info up!

REPLY



Linda January 21, 2010 at 2:26 pm #

I've never used seafood stock either! This sounds tasty. Thanks for linking up!

REPLY



Amy @ Simply Sugar & January 21, 2010 at 4:28 pm #

Joe would love it if I made this...I just might have to have a pot of this waiting for him the next time he has a long business trip. (Or, I'll just come by and eat at your place!!)

REPLY



Kimi @ The Nourishin January 21, 2010 at 6:58 pm #

Thanks for adding this into Pennywise Platter. It's such a great example of nutrient dense food that's made in a more frugal manner. I love it!

REPLY



Seafood Paella December 19, 2010 at 4:36 pm #

I was looking for soup recipes for dinner tonight and found this beauty. This looks amazing, and I can't wait to try it out for my family. Thanks so much for sharing

[REPLY](#)**Jackie** January 1, 2012 at 5:58 pm #

Dayum! This is good. And I actually enjoyed making my Soupa de Mariscos (Mexican Seafood Soup) The hardest part was finding the tomatoes. The local grocery store was having a great sale on their seafood (thanks for the tip, I checked the sales online before leaving the house :) Came home and got to work. I want to get in the pot this is so good. I plan on cooking this year, lol. Your website has proven useful day 1. Thank You!

[REPLY](#)**Marcia** February 28, 2012 at 4:47 pm #

I did everything like the instructions except I fried half my shrimp with the vegis and used scalions insted of onions; so Good with a corn tortilla to roll and dip into my soup was the best thing ever for me!

[REPLY](#)

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[Winter Fire Roasted Tomato Basil Soup With Prosciutto Topping Recipe — Gluten Free-Dairy Free Recipes | The W.H.O.L.E. Gang](#) - January 21, 2010

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[...] Crab Cakes, Coleslaw and Old Bay Potato Wedges. Now if you like your crab in a soup, try my Mexican Seafood Soup or Cioppino. But my favorite new way to eat crab is either on a Crabby Veggie Pizza or my Old Bay [...]

[Menu Plan Monday- October 25, 2010 | Gluten Free-Dairy Free Recipes | The W.H.O.L.E. Gang](#) - October 25, 2010

[...] Saturday- Mexican Seafood Soup [...]

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