

Shrimp and Crabmeat Bisque

INGREDIENTS

- 1 stick butter
- 2 cup yellow onions, chopped
- 1 bell peppers, diced
- 1 cup mushrooms, chopped
- 2 Tbsp garlic, minced
- 2 Tbsp Creole seasoning
- 3 Tbsp flour
- 1 qt half and half
- 1 can whole kernel corn
- 1 can cream of mushroom soup
- 1 lb. peeled medium shrimp
- 1 lb. crabmeat (claw meat)
- 1/4 cup green onions
- 1/4 cup parsley

DIRECTIONS

1. Sauté onions and peppers in butter until soft. Add mushrooms and garlic and cook until mushrooms release their liquid. Add seasoning to taste.
2. Add flour and mix well. Slowly add enough half and half to form paste and mix well. Continue adding half and half until thick sauce forms. Add cream of mushroom and mix well.
3. Cook until soup is well dissolved. Add remainder of half and half with corn and shrimp and crabmeat. Heat while stirring to avoid sticking. Garnish with chopped green onions and parsley.

This may be prepared ahead of time. Just reheat to serving temperature, stirring to avoid sticking.



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HEALTHY SWAPS

- **Lower Fat: 291 kcal (10g fats, 26g carbohydrates, 26g protein.)** Substitute 4 Tbsp olive or avocado oil for butter. Substitute skim milk for half and half. Substitute non-fat cream of mushroom soup.
- **Lower Carbohydrates: 448 kcal (30g fat, 14g carbohydrates, 31g protein.)** Substitute xanthan gum for flour. Omit corn. Reduce onion to 1 cup. Substitute sour cream for cream of mushroom soup.
- **Lower Sodium: 452 kcal (28g fats, 27g carbohydrates, 25g protein, 767mg sodium.) Opt for unsalted butter.** Substitute salt-free creole seasoning. Substitute Low sodium Cream of Mushroom Soup. Use frozen corn instead of canned.
- **Dairy-free: 402 kcal (25g fats, 25g carbohydrates, 22g protein.)** Substitute Olive Oil for butter. Substitute almond or cashew milk, plain unsweetened for half and half. Substitute 1 1/2 c of vegan sour cream for mushroom soup.
- **Gluten-free: 438 kcal (27g fats, 25g carbohydrates, 25g protein.)** Substitute xanthan gum for flour. Substitute almond or coconut milk for mushroom soup.

Nutrition Facts

8 servings per container

Serving size
2 cups

Calories
per serving **490**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 29g	37%	Total Carbohydrate 27g	10%
Saturated Fat 17.1g	86%	Dietary Fiber 3g	11%
Trans Fat 1.1g		Total Sugars 12g	
Cholesterol 250mg	83%	Includes 0g Added Sugars	0%
Sodium 2090mg	91%	Protein 32g	64%
Vitamin D 0.73mcg	4%	Calcium 323mg	25%
Potassium 784mg	15%	Vitamin A	30%
		Iron 2mg	10%
		Vitamin C	45%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.