

Shrimp Bisque

About 8-10 Servings

Ingredients:

1 ½-2 pounds of shrimp shelled, deveined (reserve shells)

Olive oil

1 large onion

1 carrot

1 celery stalk

1 small red jalapeno pepper (optional)

2 cloves of garlic, peeled & diced

1 (14 ½-ounce or 16-ounce) can tomatoes

2-2 ½ cups of low sodium vegetable stock

1 cup of dry white wine

2 Tbsp dry sherry

¼ cup long-grain rice

Salt, pepper, cayenne pepper

Curry (2 pinches)

Thyme

2 Bay leaves

1 ½-2 cups low-fat milk



Instructions:

Clean and chop all vegetables and set aside.

In large pot over medium-high heat, add a few tablespoons of olive oil. Add shrimp shells and cook until pink, stirring constantly with slotted spoon. Discard shells, leaving flavored oil in pot.

Add shrimp to flavored oil and cook over medium-high heat, stirring frequently, until shrimp turn pink, about 3 minutes. Spoon into separate bowl.

Reduce heat to medium. Add more olive oil and the chopped vegetables. Cook, stirring occasionally, until tender, about 10 minutes.

Stir in tomatoes, stock, wine, sherry, rice, spices and shrimp/oil mixture, heat to boiling. Reduce heat to low, cover and simmer 15-20 minutes or until rice is tender.

Discard bay leaves. Spoon about a cup of mixture into blender. Cover and blend at low speed until smooth. Return blended mixture to pot. Repeat with remaining shrimp mixture.

Add low-fat milk to soup. Over medium heat, bring just to boiling, then reduce temperature & serve.

Cooking Tips:

- You can use this same recipe to make other types of bisques including lobster and crab.
- For a true New England classic, serve with oyster crackers.

