

CRAB BISQUE LIGHT

Recipe by chia2160

CHEF'S NOTE

"this is a lightened version of a fabulous bisque. less butter and cream here, from cooking light, but the same full flavor. try it, you'll love it."

READY IN: 1hr

SERVES: 9

UNITS: US

INGREDIENTS

1/2	cup flour
1	tablespoon butter
	cooking spray
2	cups chopped carrots
1	cup chopped celery
1	cup chopped onion
1/2	cup chopped red pepper
2	cloves garlic, chopped
1	tablespoon Old Bay Seasoning
1	pinch salt
1	pinch pepper
1	pinch thyme
1	bay leaf

4	cups clam juice
1 ½	cups milk
½	cup half-and-half
1	lb lump crabmeat, picked through
⅓	cup dry sherry

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DIRECTIONS

heat flour in a cast iron skillet, cook over medium heat 15 minutes, stirring, until brown, remove from heat spray a dutch oven with cooking spray, and over medium hi heat add butter.

add carrot, onion, celery, peppers, garlic and saute until tender, 5 minutes add spices and cook 1 minute.

sprinkle with flour, stirring.

add clam juice, and bring to a boil.

reduce heat, simmer 10 minutes.

stir in milk and half and half, cook 5 minutes.

stir in crab and sherry, cook until heated.

remove bay leaf before serving.

NUTRITION INFO

Serving Size: 1 (295 g)

Servings Per Recipe: 9

AMT. PER SERVING	% DAILY VALUE
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Calories 246.1	
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Calories from Fat 48	20%
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Total Fat 5.3 g	8%
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Saturated Fat 2.8 g	14%
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Cholesterol 52.3 mg	17%
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Sodium 659.7 mg	27%
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Total Carbohydrate 26.4 g	8%
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Dietary Fiber 1.9 g	7%
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Sugars 6.4 g	25%
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Protein 15 g	29%
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