

Southwestern Shrimp Bisque

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Taste of Home Magazine - April/May 2012

Servings: 3

Start to Finish Time: 30 minutes

TIPS AND HINTS. (from Betsy Fryda, Taste of Home Cooking School expert)

Watch your cooking time. Shrimp turn a blushing pink when they're done. Overcook them and they become chewy.

Substitute any shellfish for the shrimp. Clams, lobster and mussels are all good alternatives.

Use a mild fish or even chicken instead of shrimp. If using chicken, go for bite-size pieces and replace the water in the recipe with chicken stock.

Feel free to saute' diced bacon with the onion for a smokier bisque.

Feeling rebellious? Replace the coriander with a little sage. Ditch the cilantro and sprinkle on a bit of fresh lemon zest instead.

Substitute white wine for half (or less) of the water for a flavor spin.

This bisque leans to the soupy side. If you like a thicker bisque, stir in a smidge more flour. If the bisque gets lumpy, stir in a small amount of water and whisk the lumps away.

Not a cilantro fan? Use parsley instead.

Puree' the avocado along with any leftover whipping cream for a delicious dollop.

1 small onion, chopped

1 tablespoon olive oil

2 cloves garlic, minced

1 tablespoon all-purpose flour

1 cup water

1/2 cup heavy whipping cream

2 teaspoons chicken bouillon granules

1 tablespoon chili powder

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 pound uncooked medium shrimp, peeled and deveined

1/2 cup sour cream

chopped fresh cilantro (optional)

sliced avocado (optional)

In a small saucepan, saute' the onion in oil until tender.

Add the garlic. Cook 1 minute longer.

Stir in the flour until blended.

Stir in the water, cream, bouillon and seasonings. Bring to a boil. Reduce the heat; cover and simmer for 5 minutes.

Cut the shrimp into bite-size pieces, if desired. Add the shrimp to the soup. Simmer 5 to 10 minutes longer or until the shrimp turn pink.

Place the sour cream in a small bowl. Gradually stir in 1/2 cup of the hot soup. Return all to the pan, stirring constantly. Heat through (do not boil).

If desired, top with cilantro and avocado.

Per Serving (excluding unknown items): 299 Calories; 28g Fat (81.9% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 313mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.