

Crab Bisque

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Serves 4

Blue, Purple – 5 points Green – 6 Points

I serve with a slice of crusty bread and a side salad

- 3 Tbsp light butter
- 1 small onion, very finely chopped
- 2 stalks celery, very finely chopped
- salt and pepper to taste
- 1 tsp Old Bay Seasoning
- 2 cloves garlic, minced
- 2 Tbsp tomato paste
- 3 Tbsp flour
- 3 1/2 cups fat free vegetable broth or seafood stock
- 1/2 cup white wine
- 1 bay leaf
- 1 cup fat free half and half
- 1 pound crab meat, reserve 4 Tbsp
- chopped fresh parsley for garnish

1. In a large, heavy pot over medium heat, heat butter. Add onion and celery and cook until soft, about 5 minutes. Season with salt, pepper and Old Bay, then stir in garlic and tomato paste. Cook until garlic is fragrant and tomato paste coats vegetables, about 2 minutes. Sprinkle over flour and cook until absorbed, 1 minute more.

2. Pour in vegetable broth and wine, then stir in bay leaf. Reduce heat and let simmer until liquid is reduced and flavors meld, stirring occasionally, 30 minutes.
3. Remove bay leaf and puree soup with an immersion blender on high (if you do not have an immersion blender, puree in batches in a regular blender) until very smooth. Return to medium low heat and stir in half and half and the crab, reserving 4 Tablespoons of the crab for garnish. Cook until just warmed through, about 5 minutes.
4. Divide among bowls and garnish with remaining crab and parsley.