

Rozalinn Runnels

Dairy, Senior

Angelina County

Mexican Shrimp Bisque

Ingredients:

1 small onion, chopped
1 tablespoon olive oil
2 garlic cloves, minced
1 tablespoon all-purpose flour
1 cup water
1 ¼ cup fat free half-and-half
2 teaspoons chicken bouillon granules
1 tablespoon chili powder
½ teaspoon ground cumin
½ teaspoon ground coriander
½ pound uncooked medium shrimp, peeled and deveined
¾ cup fat free sour cream
¼ cup cilantro, chopped

Directions:

In a small saucepan, sauté onion in oil until tender. Add garlic; cook 1 minute longer. Stir in flour until blended. Stir in the water, half-and-half, bouillon and seasonings; bring to boil. Reduce heat; cover and simmer for 5 minutes. Cut shrimp in to bite-sized pieces if desired; add shrimp to bisque. Simmer 5-10 minutes longer or until shrimp turn pink. Place sour cream in a small bowl; gradually stir in ½ cup hot soup. Return the sour cream mixture to the soup, stirring constantly. Heat through (do not boil). Top with cilantro if desired. Yield: 3 servings.