



## LOW-CALORIE CRAB BISQUE

Final Lifestyle

### INGREDIENTS

16 oz lump crabmeat	1 large celery stalk, cut into bite sized pieces
2 cups fat free chicken broth	1 TBS light butter
2 cups fat free milk	2 TBS fat free sour cream
1 cup dry sherry	1 TSP smoked paprika
1 1/2 cups cauliflower, cut into bite sized pieces	2 bay leaves
1 cup fresh corn kernels	1 TSP thyme
1 cup chopped onion	1 TSP salt
1 cup diced yellow bell pepper	1/4 TSP black pepper
1 1/2 cup diced red bell peppers	

### INSTRUCTIONS

—Melt butter in a large saucepan over medium heat.

—Add corn, onion, celery and bell peppers and cook, stirring often, until the onion and pepper have softened, about 5 minutes. Add cauliflower and paprika, and stir often, for 2 minutes.

—Add sherry and scrape up any browned bits, until the liquid has reduced slightly, about 5 minutes. Add broth and bring to a boil.

—Reduce heat and simmer, stirring occasionally, until the cauliflower is very tender, about 15 minutes. Remove bay leaves.

—Working in two batches, puree the vegetable mixture in a blender or food processor. Return the puree to the saucepan; stir in milk, sour cream, crab, bay leaves, thyme and salt and pepper.

—Cook, stirring occasionally, until heated through, 3 to 5 minutes. Divide into 8 servings and garnish with a sprinkle of fresh chopped parsley.

**SERVING INFO:** (Yields 8 servings): 1 cup = 1 P

See photos of recipe at [Instagram](#) and [Facebook](#).