

Quick Crab Bisque

Fay Behm - Minot, ND

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Servings: 6

*1/2 pound crab meat
dry white sherry
1 large onion
1 large green pepper
2 medium tomatoes, peeled
and chopped
1 can (11 ounce) tomato
bisque soup
1 can (10-3/4 ounce) cream
of mushroom soup
1 1/4 cups light cream
1/2 teaspoon curry powder*

Preparation Time: 30 minutes

Cook Time: 30 minutes

Soak the crab in the dry white sherry.

In a saucepan, saute' the onion, green pepper, and tomato over medium heat until the vegetables become limp.

To the same mixture, add the tomato bisque and cream of mushroom soup. Mix well.

Add the cream and curry powder. Drain the sherry from the crab meat. Add the crab meat to the soup mixture.

Heat slowly and be careful not to allow it to boil.

Serve immediately.

Per Serving (excluding unknown items): 178 Calories; 12g Fat (59.0% calories from fat); 10g Protein; 8g Carbohydrate; 1g Dietary Fiber; 67mg Cholesterol; 323mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 2 Fat; 0 Other Carbohydrates.