

## Seafood Bisque



### Ingredients

- 5 Tbsp butter
- 1 cup diced onion
- 1 cup chopped carrot
- 2 celery stalks, chopped
- 2 tsp minced garlic
- 1 bay leaf
- 2 tsp oregano
- 1 tsp salt
- 2 tsp pepper (or more to taste)
- 2 Tbsp flour
- 6 cup vegetable broth
- 28 oz can of diced tomatoes
- 8 oz cream cheese
- 1 Tbsp + 1 tsp sherry cooking wine
- 2 lbs chopped seafood of your choice (we used shrimp, scallops and crab)
- Parsley for garnish

### Utensils

- 1 Large pot
- Cutting board and knife
- Blender or Immersion blender
- Measuring cups and spoons
- Pot holders
- Spatula



# Recipe Instructions

### Step 1: Prep

Prep your cutting station by laying a damp cloth down and placing your cutting board on top.

Chop carrots and celery. Dice onion. Rough chop seafood.

Melt butter in pot over medium heat.

### Step 2: Sauté

Sauté onion, carrots, celery, and garlic in butter until tender. Add in bay leaf, oregano, salt, and pepper while cooking.

Once tender, add flour and stir for about 2 minutes.

### Step 3: Boil & Simmer

Add in tomatoes and vegetable broth. Stir to combine.

Bring to a boil then reduce heat and simmer for 30 minutes.

Add sherry and cream cheese. Stir to combine and simmer for about 10 minutes.

### Step 4: Blend

Remove bay leaf.

Blend soup until smooth using blender or immersion blender.

### Step 5: Seafood

Return pot to stove on a low heat. Add seafood and simmer a few minutes until it is cooked.

### Step 6: Finish & Enjoy!

Add parsley and/or more salt and pepper to taste.

Let cool, serve, and enjoy!

Soup can be stored in an airtight container for up to 5 days or frozen for later!



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### Kitchen Safety Tips:

- Make sure to use pot holder when touching pots on the.
- Turn the stove off as soon as you are done using it.