AMERICAN · LUNCH · DINNER

Creamy Shrimp and Asparagus Bisque

55 min · Serves 6 · 342 kcal a serve · Video 4:08 · Papa G's Low Carb Recipes

Pescatarian · Gluten-free ingredients · Nut-free

Shrimp, asparagus and mushrooms in a butter-rich creamy bisque: about 17 g protein and 4 g net carbs a bowl, three-quarters of the energy from fat, and rich in selenium and vitamin B12.

Diet notes: Keto (4.3 g net carbs a serve).

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Ingredients 18 · SERVES 6

- [ ] 1 tsp **salt** (for the seasoning blend)
- [ ] ½ tsp **ground black pepper**
- [ ] ½ tsp **garlic powder**
- [ ] ½ tsp **onion powder**
- [ ] ¼ tsp **Old Bay seasoning**
- [ ] ¼ tsp **cayenne pepper**
- [ ] **fresh asparagus**, 12 spears, woody ends trimmed, cut in ½-inch pieces
- [ ] 1 tbsp **oil**, for sautéing the vegetables
- [ ] ½ cup diced **celery**
- [ ] ½ cup diced **onion**
- [ ] ½ cup diced **green bell pepper**
- [ ] ¼ tsp **salt** (for the vegetables)
- [ ] 8 tbsp **unsalted butter**
- [ ] 1 tsp **xanthan gum**
- [ ] 1½ cups seafood (or vegetable) stock
- [ ] ¾ cup **heavy cream**
- [ ] 1 × 8 oz can sliced **mushrooms**, drained (about 4½ oz drained)
- [ ] 1 lb **raw shrimp**, peeled and deveined

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Crustacea, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the seasoning blend: salt, pepper, garlic powder, onion powder, Old Bay and cayenne. Blanch the asparagus pieces in boiling salted water for 5 minutes, then cool them in iced water. Heat the oven to 350 °F. 0:28
2. Heat the oil in a 2 quart Dutch oven over medium-high heat and cook the celery, onion and green pepper with ¼ tsp salt for about 7 minutes until soft. Lift them out. 1:28
3. Melt the butter in the same pot, whisk in the xanthan gum and cook until the butter just starts to brown. Whisk in the stock, cream and the seasoning blend. 1:50
4. Stir in the cooked vegetables, drained mushrooms and asparagus, turn off the heat and mix in the raw shrimp. 2:31
5. Cover with a lid or foil and bake for 30 minutes (on a baking sheet in case it bubbles over). Stir any fat on top back in and ladle into bowls. 3:03

> **Tip** Thawed frozen raw shrimp keeps it easy. Chicken or vegetable stock works instead of seafood stock. Leftovers keep a few days in the fridge — reheat gently so the cream doesn't split.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
342 kcal	**17 g**	**6.6 g**
1,430 kJ	34% of a day	4.3 g net · 3.1 g sugars
		2% of a day

FIBRE	FAT	SODIUM
2.2 g	**29 g**	**810 mg**
8% of a day	17 g saturated	35% of a day
	37% of a day	

Energy from net carbs 5% · protein 20% · fat 75% — fits keto: 4.3 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Selenium 60% · Vitamin B12 47% · Vitamin A 33% · Omega-3 22%

Source of (10–19%) Vitamin E 15% · Vitamin K 15% · Vitamin C 14% · Zinc 13% · Vitamin B6 12%

Recipe and video: Papa G's Low Carb Recipes (@PapaGCooking) on YouTube — youtube.com/watch?v=jr5WZwXBFHY, published 20 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-shrimp-asparagus-bisque