

SHRIMP AND PEPPER BISQUE

1 bag (12 oz) frozen stir-fry mixed peppers and vegetables	1 T seafood seasoning
½ lb frozen cauliflower florets	½ tsp dried thyme
1 medium stalk celery, sliced	12 oz raw medium shrimp, peeled
1 can (14 ½ oz) 99% fat-free chicken broth	2 cups half-and-half
	2 green onions, finely chopped

1. Combine thawed stir-fry mix, cauliflower, celery, chicken broth, seafood seasoning and thyme in slow cooker. Cover and cook on low 8 hours or on high 4 hours.
2. Stir in shrimp and cook, covered, 15 minutes or until cooked. Puree until smooth using immersion blender or one cup at a time in standard blender. Stir in half-and-half. Garnish with chopped green onions.

Makes 4 servings