

# Cajun Crawfish Bisque

Yield: 12 min  
Total Time: 120 min

Recipe from: <https://www.recipeschoose.com/recipes/soup-stock-recipe-southern-living>

## Ingredients:

- 2 pounds crawfish tails peeled
- 1 1/2 cups yellow onions minced
- 1/2 cup celery minced including leaves
- 5 cloves garlic
- 3 tablespoons parsley minced
- 3 whole eggs
- 2 cups seasoned breadcrumbs
- 1 tablespoon Creole seasoning
- black pepper to taste
- 60 crawfish cleaned, heads
- 8 cups stock crawfish, plus some extra if needed
- 2 pounds crawfish tails peeled
- 1 cup vegetable oil
- 1 cup flour
- 1 1/2 cups yellow onions finely chopped
- 1/2 cup celery finely chopped
- 1/2 cup bell pepper finely chopped
- 2 bunches green onions finely sliced
- 5 cloves garlic finely chopped
- 1/2 cup tomato sauce
- 1/2 cup parsley finely chopped
- 2 tablespoons Creole seasoning plus some for the tails.
- kosher salt
- pepper to taste

## Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 220 milligrams

4. Fat: 24 grams
  5. Fiber: 3 grams
  6. Protein: 33 grams
  7. SaturatedFat: 2 grams
  8. Sodium: 590 milligrams
  9. Sugar: 7 grams
  10. TransFat: 0.5 grams
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