

Table of Contents

- Description
 - Can This New Orleans Shrimp and Corn Bisque Support Weight Loss Goals?
 - Does New Orleans Shrimp and Corn Bisque Fit a High-Protein Lifestyle?
- My Personal Experience
- Perfect For:
- Why You'll Love This Recipe:
- Common Mistakes to Avoid:
- Required Equipment:
- Storage Instructions:
- Recipe Details
 - Description Summary
- ☐ Ingredients:
- Directions:
- Nutrition Facts (Per Serving – Approximate):
- Notes:

Description

Transport your taste buds straight to the French Quarter with a rich, velvety New Orleans Shrimp and Corn Bisque that balances soulful southern comfort with modern nutritional goals. This indulgent soup features succulent, perfectly seasoned shrimp swimming in a savory, aromatic broth thickened naturally for a lower-carb profile. Warm Cajun spices, sweet pops of corn, and tender seafood create a symphony of textures that make it an absolute joy to eat. It is a brilliant choice for anyone searching for high-protein dinner ideas that feel luxurious while supporting a balanced, wholesome lifestyle.

Can This New Orleans Shrimp and Corn Bisque Support Weight Loss Goals?

Yes, this recipe can effectively support weight loss goals through high-protein nutrition logic. Shrimp is an exceptionally lean protein source that provides maximum satiety with minimal calories, helping you stay full and satisfied for hours. By controlling thickeners and balancing the vegetable content, this bisque delivers the rich satisfaction of traditional comfort food while keeping your calorie and macro targets on track.

Does New Orleans Shrimp and Corn Bisque Fit a High-Protein Lifestyle?

This bisque fits a high-protein lifestyle wonderfully, offering an impressive protein boost per serving primarily driven by fresh, lean shrimp and dairy elements. By moderating the corn portion to keep net carbs reasonable and using high-protein additions like cream cheese or unflavored protein broth enhancements, it delivers rich creaminess without the heavy carb load. It provides a luxurious dining experience that seamlessly fuels your daily protein requirements and active lifestyle.

My Personal Experience

- **Layering Cajun Aromatics** Sautéing the trinity of celery, bell peppers, and onions in a touch of butter first created a deeply flavorful base that anchored the entire soup.
- **Perfect Shrimp Texture** Adding the shrimp near the very end of cooking ensured they turned out tender and succulent rather than rubbery or overcooked from prolonged heat.

Perfect For:

- **Cozy High-Protein Dinners:** A comforting, soul-warming bowl that easily doubles as a nutrient-dense main course for weeknight meals.
- **Low-Carb & Keto-Modifiable Plans:** Easily adjusted for lower-carb preferences by modifying the corn quantity while keeping protein levels exceptionally high.
- **Seafood Lover Meal Prep:** Reheats wonderfully, making it a fantastic option for batch cooking seafood lunches throughout the week.

Why You'll Love This Recipe:

- **Deep Louisiana Flavors** Infused with authentic Cajun spices, garlic, and rich seafood stock, every spoonful delivers bold, restaurant-quality southern flavor right at home.
- **Luxurious Creamy Texture** Achieves a velvety, decadent consistency without relying on excessive flour or heavy starches, keeping it lighter yet deeply satisfying.

Common Mistakes to Avoid:

1. **Overcooking the Shrimp:** Leaving the shrimp in the boiling soup too long turns them tough and rubbery instead of tender and juicy.
2. **Adding Dairy Too Fast:** Pouring cold heavy cream directly into hot boiling broth can cause the soup to curdle; warm the dairy first.
3. **Skipping the Aromatic Base:** Rushing the sauté of onions, celery, and bell peppers misses the foundational flavor depth essential for gumbo and bisque styles.
4. **Heavy-Handed Corn Addition:** Dumping in too much corn will spike the carbohydrate count, turning a low-carb friendly soup into a high-sugar meal.

Required Equipment:

- **Heavy-Bottomed Dutch Oven:** — ensures even heat distribution for simmering the soup and prevents scorching.
- **Immersion Blender:** — allows you to partially blend a portion of the soup for a velvety smooth bisque texture.
- **Chef's Knife:** — essential for evenly dicing the Cajun holy trinity of vegetables.
- **Measuring Cups & Spoons:** — guarantees precise portioning of spices and liquids for balanced flavor.

Storage Instructions:

Allow the bisque to cool completely before transferring it to an airtight glass container. Store in the refrigerator for up to 3 to 4 days while maintaining its high-protein freshness. For longer storage, freeze without the dairy component if possible, or freeze in a freezer-safe container for up to 2 months; reheat gently on the stovetop over low heat, stirring frequently.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 25 minutes
- Total Time: 40 minutes
- Servings: 4 servings
- Best Season for This Recipe: All-Season
- Total Calories (Per Serving): ~340 kcal (*Approximate estimate*)

Description Summary

Succulent shrimp and sweet corn simmered in a velvety, Cajun-spiced broth. Rich in lean protein and bursting with authentic New Orleans flavor. Ready in just 40 minutes for a comforting, macro-friendly meal.

□ Ingredients:

- 1 lb (450g) Large Shrimp: *Peeled and deveined; provides the lean protein base.*
- 1/2 cup Sweet Corn Kernels: *Adds subtle sweetness and traditional texture (moderated for low-carb balance).*
- 2 tbsp Butter: *Used for sautéing aromatics and building rich flavor.*
- 1/2 cup Yellow Onion: *Finely diced.*
- 1/2 cup Celery: *Finely diced.*
- 1/2 cup Green Bell Pepper: *Finely diced.*

- 3 cloves Garlic: *Minced.*
- 2 cups Seafood or Chicken Broth: *Flavorful liquid base.*
- 1 cup Heavy Cream: *Adds decadent creaminess.*
- 1 tbsp Cajun Seasoning: *Brings authentic New Orleans heat and flavor.*
- 1 tsp Smoked Paprika
- Salt and Black Pepper: *To taste.*
- 2 tbsp Fresh Parsley: *Chopped, for garnish.*

Directions:

1. Sauté the Aromatics: Melt the butter in a Dutch oven over medium heat. Add the diced onion, celery, and green bell pepper, cooking for 5–6 minutes until soft and translucent.
2. Build the Spice Base: Stir in the minced garlic, Cajun seasoning, and smoked paprika, cooking for 1 minute until fragrant while stirring constantly.
3. Simmer the Broth: Pour in the seafood broth and add the sweet corn kernels. Bring the mixture to a gentle boil over medium-high heat, then reduce heat to low and simmer for 10 minutes to meld flavors.
4. Incorporate Cream and Thicken: Pour in the heavy cream and let it gently simmer for 5 minutes. Use an immersion blender to pulse a couple of times if you prefer a thicker, smoother bisque consistency (high-protein cooking tip: leaving some texture keeps it hearty).
5. Cook the Shrimp: Add the peeled shrimp directly into the warm bisque. Cook over medium-low heat for 3–4 minutes until the shrimp turn pink, curl, and are completely opaque. Remove from heat immediately, garnish with fresh parsley, and serve warm.

Nutrition Facts (Per Serving – Approximate):

- Calories: 340 kcal
- Fats: 22 g
- Cholesterol: 210 mg
- Sodium: 680 mg
- Potassium: 410 mg
- Total Carbohydrates: 12 g
- Fiber: 2 g
- Net Carbs: 10 g
- Sugars: 4 g
- Protein: 24 g
- Calcium: 95 mg

Notes:

- Storage Tip: Store in airtight glass containers in the fridge for up to 4 days to preserve seafood quality.
- Reheating Tip: Reheat slowly on the stovetop over low heat; avoid high boiling to prevent the cream and shrimp from separating or toughening.
- Allergy Note: Contains crustacean shellfish (shrimp) and dairy (butter and heavy cream).
- Flavor Boost: Stir in a splash of fresh lemon juice or hot sauce right before serving to

elevate the vibrant Cajun profile.