

MARYLAND-STYLE CRAB SOUP

F EASY

Last Modified: 04/24/2018

PREP: 10 Min
COOK: 1 Hr
STOVETOP

SOUP-SEAFOOD

MAKES 16 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Fresh Lump Crab Meat (NOT Claw)	
		You may substitute Refrigerated (NEVER EVER canned)	
16	Whole	Frozen Snow Crab Claws	Thawed
4	14.5 Oz	Cans Stewed Tomatoes (Heinz)	
2	Quarts	Chicken Stock (Swanson)	
1	48 Oz	Jar Great Northern Beans (Randall)	Drained
2	Cups	Carrots	Thin Sliced
2	14.5 Oz	Cans Diced New Potatoes (Del Monte)	Drained
2	14.5 Oz	Cans Cut Green Beans (Del Monte)	Drained
1	Pound	Frozen Sweet Corn (Peaches & Cream)	Thawed
1	Cup	Yellow Onion	Slivered
1	Cup	Celery	Thin Sliced
2	Tbsp	Old Bay Seasoning	

PREPARATION

FACTOID	Maryland & Chesapeake Bay Blue Crabs are MY BEST PALS! This Crab Soup is EXTREMELY easy to make and really tasty. Authentic Maryland Crab Soup uses Lima (Butter) Beans which I dislike GREATLY. I have substituted a Jar of Great Northern Beans instead. You actually like Butter Beans, by all means use them.
TOOLS	1) Large Stock Pot & Lid 2) Small Mixing Bowl 3) 6 - Soup Bowls
PREP	DISH 1) Scrub & thinly slice the Carrots into coins and set them aside. 2) Slice the wide parts of Celery Stalks in half lengthwise. 3) Thinly slice the Celery Sticks into very thin slices and set them aside.. 4) Drain the liquid off of the Beans and Potatoes.
NOTE	The raw Vegetables are simmered in the Stock until tender. I like them SOFT in Soup, so it takes a while.
3	SOUP: In a large stock pot over medium high heat, add in the Stock, Onions and Celery and heat until small bubbles form in the bottom of the pot. Lower the heat to a simmer, cover and cook until the Carrots are tender, about 1 hour.
4	SOUP: Stir in the Corn, Northern Beans, Green Beans, New Potatoes and the Crab Meat, simmer for about 10 minutes.
SERVE	Ladle into soup bowls, CAREFULLY float a room temperature Snow Crab Claw on top and serve while hot with Crusty Bread on the side.