



# Red Clay Cook-Off Family Style



## Mehlaynie's Crab Soup

### **Ingredients:**

- 2 lbs Crabmeat<sup>(1)</sup>
- 4 Large Carrots, Peeled and Diced <sup>(2,3)</sup>
- 4 White Potatoes, Peeled and Diced<sup>(3)</sup>
- 1/3 – 3/4 C. Fresh Green Beans, Chopped<sup>(2,3)</sup>
- 1 1/4 C. Frozen Peas<sup>(2,3)</sup>
- 1 1/4 C. Frozen Lima Beans<sup>(2,3)</sup>
- 2-3 Ears of Corn, Steamed and Shucked, Kernels<sup>(2,3)</sup>
- 1 (28oz) Can Tomato Puree <sup>(4,5)</sup>
- 1 (28oz) Can Diced Tomatoes <sup>(4,5)</sup>
- 1 1/2 C. Ketchup
- 3/4-1 C. White Vinegar
- 1 TBSP Black Pepper
- 1/2 tsp. Salt
- 1/4 C. Old Bay Seasoning

### **Instructions:**

Fill large stock pot with 6 C. water (can use more/less for thinner/thicker soup). If using fresh vegetables, peel carrots and potatoes. Dice all vegetables (carrots, potatoes, green beans) into a uniform size and place in stock pot<sup>(2,3)</sup>. Combine diced tomatoes and tomato puree into soup<sup>(6)</sup>. Add Ketchup, Vinegar (to taste), Crab Meat and seasonings. Let soup simmer for an hour to develop flavors and for vegetables to become tender. Enjoy!

### **TIPS! Cooking for quality, nutrition and safety**

1. I recommend selecting Back Fin Crabmeat, which is a combination of Jumbo Lump and Special Grade Crab. However you can also choose canned crab meat, which will cost less. The cost for the crab meat will vary significantly depending on what type you choose. You can also use shrimp or white fish; any seafood you use is a healthy lean protein with omega-3 Fatty Acids!
2. To save time, instead of peeling and cutting fresh vegetables, you can use 4-5, 1 pound bags of 5-way mixed vegetables. You can also use low-sodium canned vegetables - make sure to clean the top of the can to remove contaminants and rinse contents to remove added sodium.
3. Swap out or add whatever vegetables you like - adding a wide variety of vegetables adds color and nutrients to your dish!
4. Choose No-Salt Added or Low-Sodium Canned products for this recipe.
5. Clean the tops of your canned goods before opening to remove any contaminants from the top, which could get into the product once opened.
6. If you find your soup is too runny, add tomato paste to thicken it. Alternately, if it is too thick, you can add water to thin soup out.
7. This meal goes great with brown rice, whole-grain corn bread, garlic bread or crackers!