



CW Cafe Today  
Neo-Soul Cooking for a Healthy Lifestyle



Friday Night Special - Savory Lump Crab Soup



Fall has come... so bring on the hearty soups. Savory Lump Crab Soup is one of my favorites. Quick and easy to make with ingredients from your pantry. The base is for foundation for Shrimp or Chicken. Enjoy

Prep Time: 10

Cooking Time: 20

Servings: 4



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### Ingredients

- 2 tbsp Olive Oil
- 4 Cloves of Garlic mince
- 1/2 white onions diced
- 2 cups of Low Sodium Chicken Broth
- 14.5 ounce can of Dice tomatoes
- 1 medium baking potato diced
- 1cup fresh or frozen corn
- 1/2 Dice Red Bell Peppers
- 1/2 Dice Green Bell Peppers
- 1/4 cup fresh diced Red Chili Peppers
- 1 tbsp Old Bay Seasoning
- 16 ounces Lump Crab Meat

### Steps

1. In medium size soup pot over medium heat, add olive oil, garlic and onions and sauté for about 2 minutes or until translucent. Then add chicken broth, tomatoes and potatoes and let simmer for about 5 minutes.
2. Add corn, red peppers, green peppers, and chili peppers and let simmer for about 2 - 3 minutes. Then add Old Bay seasoning and season to taste with salt and pepper.
3. Add in crabmeat; be careful not to break up the lumps. Let simmer for about 2 more minutes.
4. Ladle soup in bowls garnish with chopped chives and serve with your favorite French bread.