

# Maryland Crab Soup

## Maryland Crab Soup

Soooooo delicious and tastes like it came from a restaurant!  
Adapted from [www.hungryhappyhome.com](http://www.hungryhappyhome.com)

Serves 8, 1 FSP per serving

- 3 cups beef broth
- 2 cups water
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Old Bay seasoning (or more if you prefer)
- 1 cup carrots (sliced)
- 1 cup celery (diced)
- 1 cup potato (cut into small cubes)
- 1 cup frozen sweet corn
- 1 cup frozen peas
- 15 oz can diced tomatoes
- 1/2 medium onion (diced)
- 3 oz tomato paste
- freshly ground black pepper (to taste)
- 1 lb cooked crab meat (I use claw meat for soup)

1. Combine beef broth, water, Worcestershire sauce, Old Bay, carrots, potatoes, corn, celery, peas, tomatoes, onions, tomato paste and black pepper in a 4 quart pot.
2. Bring to a boil over medium high heat.
3. Reduce heat to low
4. Cover and simmer for 5 minutes.

5. Add the crabmeat, replace the lid and simmer for 2 hours.