Creamy Corn Crab Soup

Description

This creamy soup is fast, easy and very tasty. Corn really stars in this delectable recipe, and crabmeat makes it a little more special. It will get high marks from both busy cooks and lovers of flavorful homemade food.



Summary

Yield: 7
Prep Time: 30 minutes
Category: Soups
Cuisine: American

Ingredients

- 1 medium onion
- 2 tbsp butter
- 3 cups chicken broth
- 3 cups frozen corn
- 3 med potatoes, peeled and diced
- 1 can crabmeat
- 1 cup milk
- 1/2 tsp salt
- 1/4 tsp pepper

Instructions

Directions
•In a large saucepan, saute onion in butter until tender. Add the broth, corn and potatoes; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Remove from the heat; cool slightly.

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• In a blender, puree half of the corn mixture. Return to pan. Stir in the crab, milk salt and pepper; cook over low heat until heated through (do not boil). Yield: 7 servings.

Nutritional Facts 1 serving (1 cup) equals 204 calories, 6 g fat (3 g saturated fat), 35 mg cholesterol, 703 mg sodium, 31 g carbohydrate, 3 g fiber, 11 g protein.