

Cream of Crab Soup

Makes 6 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

1 bag Gardein Crabless Cakes
8 cups unsweetened non-dairy milk
2 T vegan butter
1 T Old Bay seasoning
1 t onion powder
2 ½ T Wondra flour or cornstarch
1 t ground sea kelp or nori seasoning (optional)
¼ c sherry, preferably dry
1 c whole kernel corn
1 t dried or 1 T fresh parsley
Old Bay and parsley, to garnish

Directions:

1. Defrost crabless cakes and break into small almond-sized pieces.
2. Over medium-high heat, reduce milk to 4 cups.
3. In a separate pot over medium heat, melt butter and mix in Old Bay and onion powder. Whisk in Wondra or cornstarch until smooth.
4. Slowly whisk in milk until completely smooth. Add kelp seasoning. Continue to whisk until milk begins to steam and is slightly thickened.
5. Add in remaining ingredients and heat on low until heated through. Serve with additional Old Bay and parsley.



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Nutrition Facts

Servings 6.0

Amount Per Serving

calories 252

% Daily Value *

Total Fat 12 g 18 %

Saturated Fat 2 g 9 %

Monounsaturated Fat 4 g

Polyunsaturated Fat 5 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 741 mg 31 %

Potassium 522 mg 15 %

Total Carbohydrate 19 g 6 %

Dietary Fiber 3 g 11 %

Sugars 4 g

Protein 15 g 30 %

Vitamin A 13 %

Vitamin C 5 %

Calcium 42 %

Iron 12 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.