

Maryland Crab Soup
FLASH CRABCAKE CO.
Jeffrey L. Gordon

3 Quarts Water

2 Lbs. Crab Meat (1-Lump 1-Claw)

2 28oz cans Diced Tomatoes

1 each 15oz. can Corn, Peas, Green Beans, Diced Carrots, Lima Beans

2 C. @(1/2" diced) fresh celery & onion

2 C. (1" diced) fresh cabbage

1 lb. Stew Beef

2 Tbsp. Old Bay, Celery Seed

2 tsp.dry mustard

1/2 tsp white pepper

2 heaping tsps. Veg broth, Beef broth

4-6 Bay leaves

Place 3 quarts of water in a large pot, add canned veggies, broth and bay leaves. Heat Medium.

Place 1tbsp oil in large skillet. Saute celery & onions tin translucent add Old Bay, celery seed, dry mustard and white pepper. Add to pot.

In a plastic bag put 1C. of flour, tsp.@ salt & pepper. Add stew beef cubes and shake until well coated.

Heat 2 TBSP of oil in skillet, add beef & cook until browned on the outside. Add to soup pot.

Add crab meat - Cover & Cook on low about 1 hour. Add cabbage and serve.