Dinner

Creamy Crab Soup with Dill

Lump crabmeat and onion simmer in a savoury broth, then the soup is enriched with half-and-half and finished with Old Bay seasoning, dill and black pepper.

25 min	90	7 g	2.5 g
time	calories	carbs	sugars



Freezer safe

Ingredients, 7 servings

- [ ] 1 tbsp unsalted butter
- [ ] 1 med onion(s) (diced)
- [ ] 1/2 lbs lump crabmeat
- [ ] 4 cup low sodium seafood or chicken broth
- [ ] 1 cup half-and-half (fat-free)
- [ ] 2 tbsp cornstarch
- [ ] 1/4 tsp Old Bay seasoning
- [ ] 1/8 tsp dried dill
- [ ] 1/8 tsp black pepper

Method

- [ ] **1** Set a large pot over moderate heat and melt the unsalted butter in it.
- [ ] **2** Tip in the diced onion and let it cook for a few minutes, until soft and translucent.
- [ ] **3** Stir in the lump crabmeat and cook for 2 to 3 minutes, stirring constantly.
- [ ] **4** Pour in the low sodium seafood or chicken broth, bring the soup to a boil, then turn the heat down to low.
- [ ] **5** In a small bowl, whisk the half-and-half together with the cornstarch until smooth.
- [ ] **6** Stir this mixture into the soup and raise the heat slightly, stirring constantly until the soup thickens and comes to a boil.
- [ ] **7** Season the soup with the dried dill, Old Bay seasoning and black pepper.
- [ ] **8** Cook for 5 to 10 minutes longer, then serve warm.

Nutrition Facts

Per serving

Calories	**90**
Total fat	2.5 g
Saturated fat	1.5 g
Sodium	260 mg
Total carbs	7 g
Fiber	0 g
Total sugars	2.5 g
Protein	9 g

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