

# She Crab Soup

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## Ingredients

3 tbsp margarine  
3 tbsp flour  
6 cups skim milk  
2 tsp soy sauce  
2 tsp Worcestershire sauce  
1/4 cup sherry  
1/2 tsp white pepper  
1/2 tsp salt  
1/4 tsp thyme  
Pinch of seafood seasoning  
1 whole bay leaf  
10 oz frozen mixed vegetables, thawed & drained  
1 lb lump crabmeat

## Directions

Melt margarine in a large sauce pan over low heat. Add flour gradually and blend well. Add milk 1 cup at a time, stirring continuously until well blended. Add sauces, sherry and seasonings. Simmer, covered, for 35-40 minutes. Add vegetables. Cook over medium heat for 10 minutes. Stir in the crabmeat and cook over medium heat until hot.

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