

Crab Bisque

Ingredients

- 100 grams crab meat
- 1 cup tomatoes, chopped
- 1 tablespoon onion, minced
- 1 clove of garlic, crushed and minced
- 2 cups vegetable broth (or substitute 1 cup of water for 1 cup of broth)
- 1 teaspoon Old Bay seasoning
- 1 bay leaf
- 1 tablespoon milk (optional)
- Cayenne pepper to taste
- Sea salt and pepper to taste

Makes 1 serving (1 protein, 1 vegetable)
24 grams protein
2 grams fat
175 calories

PHASE 3 MODIFICATION:
Add half and half cream.

Directions

1. Puree tomatoes and broth in a food processor or blender.
2. Heat up mixture in a small saucepan.
3. Add the crab and spices and simmer for 20-30 minutes, stirring frequently.

