

# Crabmeat Corn Soup

**Makes**  
5 servings

**Prep time**  
5 minutes

**Cook time**  
15 minutes

**Good source of**  
Protein  
Fiber

**Low in**  
Fat

## Ingredients:

- 1 cup crabmeat
- 1 tsp. olive oil
- 3 cloves fresh garlic, minced
- 1 cup plus 2 Tbsp. water, separated
- 2 cups low-sodium vegetable broth
- 2 cups yellow corn kernels
- 1 Tbsp. cornstarch
- 1 medium egg
- ¼ tsp. salt
- ¼ tsp. black pepper

## Nutrition Facts

5 servings per container  
Serving size 1 cup (244g)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 320mg	14%
<b>Total Carbohydrate</b> 19g	7%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 160mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

# Crabmeat Corn Soup

## Directions:

1. Shred crab meat into small pieces.
2. In a medium pot, heat olive oil over medium-high heat. Add garlic and sauté for 1 minute.
3. Add water, vegetable broth, and corn and bring to a boil.
4. In a small bowl, mix cornstarch with 2 tablespoons of water, ensuring cornstarch is completely dissolved. Pour cornstarch mixture into the boiling soup and cook for about 2 minutes or until soup is thickened.
5. Add shredded crab meat.
6. While stirring continuously, gradually and slowly add beaten egg into the soup.
7. Season with salt and pepper, stir, and let simmer for an additional 2 minutes.
8. Remove from heat and serve. Refrigerate any leftovers.

