



SPRING CRAB STEW

- 1 can **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 1 teaspoon olive oil
- 2 green onions, sliced
- 1 red bell pepper, diced
- 1 carrot, diced
- 1 rib celery, diced
- 1 medium potato, diced
- 1/2 teaspoon Old Bay® Seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon dried thyme
- 2 cups plus 1 tablespoon 2% low fat milk
- 1/2 cup water
- 1 15 ounce can corn kernels (fresh or frozen may be used)
- 1 teaspoon cornstarch



Heat oil in a stockpot over medium-high heat. Add the onions, bell pepper, carrot and celery. Cook, stirring for 5 minutes. Add the potato, Old Bay® Seasoning, salt, pepper and thyme. Cook for 2 minutes. Stir in 2 cups of milk and 1/2 cup water. Cover and bring to a simmer. Reduce heat to medium-low and continue to simmer for 12-14 minutes, or until vegetables are tender. Add crab meat and corn.

In a small bowl, combine the remaining milk and the cornstarch. Stir into the stew and cook for 3 minutes, or until slightly thickened. *Serves 4.*

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