

## Creamy Corn Soup with Crabmeat



### Utensil:

Blender

3 Qt./2.8 L Sauce Pan with Cover

3 Piece Mixing Bowl Set

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### Contributed By:

The Saladmaster Guide to Healthy and Nutritious Cooking  
Cookbook

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3 ?<sup>2</sup>

cups

chicken or vegetable stock, low-fat, low-sodium

(840

mL)

1 ?<sup>2</sup>

cups

corn kernels, fresh or frozen

(225

g)

2 ?<sup>4</sup>

inch

ginger, peeled and sliced

(40

g)

1

tablespoon

sake, optional

(15

mL)

?<sup>2</sup>

teaspoon

sugar

(2.5  
mL)<sup>1</sup>?<sup>4</sup>  
teaspoon  
salt  
(1.25  
mL)  
dash  
pepper, freshly ground  
2  
tablespoons  
cornstarch  
(30  
mL)<sup>1</sup>?<sup>4</sup>  
cup  
water  
(60  
mL)  
6  
ounces  
crabmeat, chopped or flaked  
(170  
g)  
1  
egg white, slightly beaten  
(60  
mL)  
2  
scallions, thinly sliced

**Directions:**

1. In sauce pan over medium heat, combine chicken stock, corn, and ginger. Cover and cook until Vapo-Valve? clicks, reduce heat to low and cook 5 minutes.
2. Discard ginger slices. Strain mixture into medium bowl.
3. Purée corn and <sup>1</sup>?<sup>2</sup> cup soup stock in electric food processor or blender until smooth. Using back of wooden spoon, press corn purée through fine sieve. Discard remaining corn pulp. Return corn and stock mixture to saucepan over medium heat.
4. In small bowl, combine cornstarch and water. Stir into soup and cook for 1 minute, stirring until soup thickens.
5. Stir in sake, sugar, salt and pepper and bring to a low simmer.
6. Reduce heat to low and stir in crabmeat and heat through. Remove from heat and slowly add beaten egg white stirring constantly in circular motion. Stir in scallions. Serve hot.

**Calories:**

71

**Total Fat:**

1g

**Saturated Fat:**

0g

**Cholesterol:**

13mg

**Sodium:**

250mg

**Total Carbs:**

10g

**Dietary Fiber:**

1g

**Sugar:**

1g

**Protein:**

7g