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# Crab in Chardonnay Broth

*The Windsor Family Cookbook*

*Windsor Vineyards, CA*

Servings: 2

**1/4 cup butter**

**1 large onion, minced**

**2 large cloves garlic, minced**

**1/2 teaspoon Tabasco sauce**

**1/4 cup Italian parsley, chopped**

**1 bay leaf**

**1 can (14 ounce) chicken broth**

**1 bottle chardonnay**

**2 large Dungeness crabs, cooked, cleaned and cracked**

**lemon wedges (for serving)**

**fresh Parmesan cheese (for serving)**

**hot garlic bread (for serving)**

Melt the butter in a large pot. Saute' the onion and garlic until soft. Stir in the Tabasco, parsley, bay leaf, broth and wine. Heat to simmering. Add the crab. Cover and simmer for 10 minutes or until the crab is heated through.

Ladle the crab and sauce into individual bowls. Serve with lemon wedges, fresh Parmesan cheese and hot garlic bread.

## Seafood

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*Per Serving (excluding unknown items): 401 Calories; 25g Fat (58.7% calories from fat); 32g Protein; 8g Carbohydrate; 1g Dietary Fiber; 158mg Cholesterol; 1118mg Sodium. Exchanges: 4 Lean Meat; 1 Vegetable; 4 1/2 Fat.*