

Crab, Alaska Fisherman's Style

Pat Hammond - Seattle, WA

Treasure Classics - National LP Gas Association - 1985

Servings: 6

1 pound crab meat
1/2 cup chopped onion
1 clove garlic, chopped fine
1 1/2 tablespoons chopped parsley
1/4 cup chopped celery
1/4 cup butter, melted
3/4 cup canned tomatoes
1 cup tomato sauce
3/4 cup water
1/4 teaspoon pepper
1/4 teaspoon paprika
1/2 teaspoon chili powder
4 1/2 cups cooked spaghetti
1/2 cup grated cheese

Preparation Time: 20 minutes

Cook Time: 1 hour 10 minutes

Remove any shell or cartilage from the crab, being careful not to break the meat more than necessary.

In a saucepan, cook the onion, garlic, parsley and celery in butter until tender. Add the tomatoes, water, pepper, paprika and chili powder. Simmer for one hour.

Add the crab meat. Simmer for 10 minutes longer.

Stir in the cooked spaghetti. Serve hot with the cheese sprinkled over the top.

Per Serving (excluding unknown items): 355 Calories; 13g Fat (32.1% calories from fat); 24g Protein; 36g Carbohydrate; 3g Dietary Fiber; 98mg Cholesterol; 690mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 2 Fat.