

Crab Stew

Marie M Daniel - Pineville, LA

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Yield: 8 to 10 servings

*1 cup olive oil
1 1/2 cups all-purpose flour
1 cup green pepper,
chopped
1 pod hot pepper, minced
2 tablespoons minced garlic
2 cups onion, chopped
4 stalks chopped celery
1 stick margarine
1/2 teaspoon allspice
1/2 teaspoon ground cloves
2 tablespoons dark brown
sugar
1 can (16 ounce) puree'd
stewed tomatoes
1 can (6 ounce) tomato
sauce
2 cups water
2 pounds fresh crab meat
with fat
2 large bayleaves
chopped parsley
green onion tops, chopped
minced garlic
salt (to taste)
pepper (to taste)
2 cups hot cooked rice*

Preparation Time: 20 minutes

Cook Time: 1 hour

Heat oil in a large four-quart iron or aluminum pot. Stir in the flour and cook very slowly, about 20 minutes, stirring frequently, until light brown.

Stir in the peppers, garlic, onion and celery. Add one stick of margarine, the allspice, cloves and brown sugar. Simmer slowly, about 20 minutes, stirring once or twice.

Add the tomatoes, tomato sauce, water and crab meat. Stir well. Place the bay leaves on top into the liquid. Cover and simmer for 10 to 15 minutes. Turn off the heat. Sprinkle with parsley, chopped green onion tops, minced garlic and salt and pepper. Cover and let stand for 10 to 15 minutes.

Serve hot over hot rice.

Great with a tossed green salad and garlic bread.

(Freezes well. Just defrost, heat and serve over hot rice. It is better when prepared ahead.)

Per Serving (excluding unknown items): 4348 Calories; 312g Fat (63.6% calories from fat); 44g Protein; 358g Carbohydrate; 28g Dietary Fiber; 0mg Cholesterol; 3024mg Sodium. Exchanges: 16 Grain(Starch); 15 Vegetable; 61 1/2 Fat; 2 Other Carbohydrates.