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Tomato, Fennel, and Crab Soup

A delicious and hearty soup made with fresh tomatoes, fennel, and crab meat. This soup is packed with flavors and is perfect for a comforting meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Tomatoes
200 g	Fennel
300 g	Crab meat
2 tbsp	olive oil
100 g	onion
2 cloves	garlic

4 c	vegetable broth
2 pieces	bay leaves
1 tsp	salt
1 tsp	black pepper

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add fennel and cook for another 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stove

Add tomatoes, vegetable broth, bay leaves, salt, and black pepper. Bring to a boil, then reduce heat and simmer for 20 minutes.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Blender

Remove bay leaves and use an immersion blender to puree the soup until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stove

Add crab meat to the soup and cook for another 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 12 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	4 g	10.53%	16%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic

Cuisines

Italian German

Course

Salads Soups Sauces & Dressings

Cultural

Chinese New Year Hanukkah

Demographics

Lactation Friendly

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

Atkins Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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