



Deception Salsa



MARYLAND CRAB SALSA SOUP

This Maryland Crab Salsa soup with a twist. I like to use lentils instead of potatoes and add a little kick with Insanity Salsa. You can use lump crab meat, but I have found that the dark claw meat creates a better tasting soup. Hope you enjoy.

Ingredients:

- 1 lb. Blue Crab Claw Meat
- 1 Large Onion, chopped
- 1 Celery Stalk, chopped
- 3 Large Carrots, chopped
- 1 16oz bag of Frozen Corn
- 1 16oz bag of Frozen Cut Green Beans
- 1/2 cup of Frozen Peas
- 8 cups of Chicken Broth
- 1 12oz Jar of Deception Salsa - Insanity
- 2 14.5oz cans of Diced Tomatoes, undrained
- 3 Cloves of Garlic, chopped fine
- 4 tbsp Worcestershire
- 2 tbsp Old Bay
- 1 1/2 tbsp Dry Mustard
- 1 tbsp Black Pepper
- 1 tbsp Sea Salt
- 2 cups Dry Lentils

Directions:

1. In a large pot, combine all ingredients except the Crab and bring to a boil.
2. Reduce heat and cover, stirring occasionally for 30 min.
3. Add Crab and simmer another 30 min.