



Tomato Fennel and Crab Soup

Adapted from Mark Bittman, [Bon Appetit January 2011](#)

- 1/4 cup olive oil
- 2 medium onions, chopped
- 1 fennel bulb, thinly sliced
- 28 ounces diced tomatoes in juice
- 1 can vegetable broth
- 8 ounces crabmeat

BAH Note: You'll want to be sure to pick through the crab meat for any small bits of shell or cartilage. Even in the dead of winter, I was able to find crab at the grocery store. I think I used Phillip's lump and it didn't cost me an arm and a leg.

Heat olive oil in a dutch oven set over medium high heat. Add onion and fennel and cook until softened. Add tomatoes and vegetable broth and bring to a boil. Reduce heat and simmer the soup for 10 to 15 minutes.

Working in batches, carefully transfer the soup to a blender and process until smooth. Return the soup to the pot, taste for seasoning, and add salt and pepper as desired.

Add crab to the soup and simmer for 5 minutes to warm through. Serve immediately.

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