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Manhattan Crab Chowder

- 2 Tablespoon oil, olive, extra-virgin
- 1 Cup(s) onion(s), finely diced
- 1 Cup fennel bulb(s), finely diced and cored plus 2 tablespoons chopped fronds, divided
- 2 Tablespoon garlic, minced
- 2 Teaspoon Italian seasoning, dried
- 1/8 Teaspoon salt
- 1/2 Teaspoon pepper, black ground
- 14 Ounces broth, chicken, less sodium, or vegetable broth
- 1 1/2 Cups water
- 2 Cups potatoes, pre-cooked, diced
- 2 Cups tomatoes, crushed
- 1 Pounds crabmeat, canned, pasteurized and drained if necessary

- 1) Heat oil in a large saucepan over medium heat. Add onion, diced fennel, garlic, Italian seasoning, salt and pepper and cook, stirring often, until the vegetables are just starting to brown, 6 to 8 minutes.
- 2) Add broth, water and potatoes; bring to a boil. Reduce heat to a simmer and cook until the vegetables are tender, 3 to 5 minutes.
- 3) Stir in tomatoes, crabmeat and fennel fronds. Return to a boil, stirring often; immediately remove from heat.

Makes 6 Servings

