

Fat Free Cauliflower-Crab Chowder

2 cups chopped cauliflower
2 cups non fat chicken broth
½ cup diced red pepper
½ cup diced celery
½ cup chopped celery
1 ½ cups fat free half and half
3 tablespoons flour
8 ounces cooked crabmeat
1 tablespoon ± old bay seasoning (to taste)

In a large sauce pan combine chicken broth and cauliflower and bring to a boil. Boil 5 minutes then add bell pepper, celery and onion. Return to a boil and simmer 15 minutes. Stir together half and half and flour until smooth. Add to cauliflower mixture and cook (stirring frequently) for 5 to 10 minutes. Add crab and old bay.