

# Old-School Baltimore Crab Soup

Yield: 12 min  
Total Time: 265 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-tomatoes-lima-beans-and-corn-recipe>

## Ingredients:

- 3 carrots sliced
- 1 ham bone
- 2/3 cup barley
- 2 tablespoons salt or more to taste
- 2 tablespoons ground black pepper or more to taste
- 4 cups water
- 1 head cabbage shredded
- 29 ounces diced tomatoes
- 3 potatoes peeled and cubed
- 1 cup water
- 45 ounces white corn drained
- 1 pound green beans cut into 1 inch pieces
- 10 ounces lima beans frozen
- 6 ounces frozen peas
- 2 tablespoons seafood seasoning such as Old Bay®, or more to taste
- 4 blue crabs female
- 4 slices bacon
- 1 cup water
- 12 ounces lump crabmeat drained

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 56 grams
3. Cholesterol: 35 milligrams
4. Fat: 6 grams
5. Fiber: 12 grams
6. Protein: 18 grams

7. SaturatedFat: 1.5 grams
  8. Sodium: 1470 milligrams
  9. Sugar: 9 grams
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