

Crab Casserole Crepes

Prep Time: 15 min.
Cook Time: 35
Servings: 8 / 1 crepe

Ingredients:

- **Grain Free Mama's Garlic & Onion Crepe Mix**
- **3 eggs**
- **1 cup water**
- **1/4 cup green peppers, chopped**
- **2 TBSP butter (dairy or plant-based)**
- **2 TBSP tapioca flour**
- **1/4 tsp. black pepper**
- **1 cup chicken or vegetable broth**
- **1 cup crab meat**
- **1/4 celery, chopped**
- **1/4 cup onion, diced**
- **1 1/2 tsp capers**
- **3/4 cup shredded cheese (dairy or plant-based)**
- **cilantro (for garnish)**
- **lemon slices (for garnish)**

Instructions:

1. Prepare Grain Free Mama's crepes per package instructions.
2. Heat oven to 375 degrees.
3. In a saucepan, sauté green peppers in butter until soft.
4. Whisk in tapioca flour and black pepper.
5. Cook over low heat until smooth, stirring constantly.
6. Add broth and bring to a boil. Cook for 1 minute.
7. Add crab meat, celery, onion and capers. Stir to mix well.
8. Transfer to a baking dish. (8 1/2 x 11 or similar)
9. Cook for 15 minutes.
10. Top with shredded cheese and cook additional 10-15 minutes until cheese melted.
11. Cool for 10 minutes and then fill crepes with 1/2 cup crab mixture each.
12. Garnish with cilantro and lemon slices.

