



Hot and Sour Soup with Shrimp, Cabbage, and Mushrooms

Bon Appétit Test Kitchen, June 2006

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3/4 teaspoon Thai red curry paste
 3 14-ounce cans low sodium chicken broth
 zest of one lime
 1 tablespoon minced peeled fresh ginger
 1 pound uncooked de-veined, peeled medium shrimp, halved lengthwise
 1 cup assorted mushrooms, stemmed, sliced 1/8 inch thick
 4 cups Napa cabbage, cut crosswise into 1/8-inch-thick slices
 1/4 cup fresh lime juice
 Chopped fresh cilantro
 Chopped fresh green onions
 Salt and pepper to taste
 Extra Virgin Olive Oil

1. Heat a heavy bottomed pot on the stove. Add just enough olive oil to lightly coat the bottom of the pan. (About 1 tbsp)
2. Add curry paste and stir for about 2 minutes.
3. Add chicken broth, lime zest, and minced ginger. Bring to a boil and reduce heat to a simmer. Simmer for about 5 minutes.
4. Add shrimp and cook until shrimp turn pink (about 4 minutes).
5. Turn heat off and add cabbage.
6. Stir in lime juice.
7. Serve and enjoy! Sprinkle chopped cilantro and green onions over individual bowls.
8. Makes 6 servings

Market tip: Using Thai red curry paste is an easy way to add tons of flavor and some heat to your cooking. It is available in the Asian foods section of most supermarkets; at Asian markets, it is known as gaeng pet. Kaffir lime leaves, which come from kaffir lime trees in Southeast Asia and Hawaii, have a floral-citrus aroma. The leaves are sold frozen and are sometimes available fresh at Southeast Asian markets.

Nutritional Analysis

Serving Size: 1/6th of recipe		
Calories	150	kcal
Protein	20	g
Carbohydrate	5	g
Total Fat	5	g
Saturated Fat	1	g
Monounsaturated Fat	2.5	g
Cholesterol	115	mg
Sodium	380	mg
Fiber	1	g
Potassium	356	mg
Calcium	76	mg

Diabetic Exchanges

Protein	3
Fat	1
Carbohydrates	.5

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