



Coconut Shrimp Soup

Serves four

4 cups (1 liter) chicken stock

1/2 pound (250 grams) of peeled and deveined shrimp

1 medium ripe tomato

1 small yellow onion – peeled

2 large garlic cloves – peeled and halved

About 1 inch piece of fresh ginger – peeled and chopped

1 – 400 ml. or 14.5 oz. can of unsweetened coconut milk

1/4 teaspoon ground red chili pepper (optional)

1 tsp. Worcestershire sauce

2 TBS of cornstarch diluted into 1/4 cup water

1 – 400 gram or 14 oz. can baby corn or 1/2 a cup diced potatoes or 1/2 a cup of yellow corn kernels

Salt & black pepper

Lemon wedges and green onion for garnish

Place the tomato, onion, garlic and ginger in a food processor or blender with 1/2 a cup of stock and turn into a paste. Set aside.

Place half of the shrimp into the processor or blender and add another 1/2 cup of chicken stock. Make a paste and set aside.

Place the remaining chicken stock in a pot and add the blended vegetables and shrimp. Bring the broth to a boil, reduce the heat and simmer for ten minutes. Strain the broth and return it to the pot.

Add the coconut milk and mix. Add the chili pepper and Worcestershire sauce. Add the diluted cornstarch and mix until the soup starts to thicken. Work on low heat and so not stop stirring until it thickens.

Add the baby corn or potato or corn kernels. Add salt and pepper. Be careful not to over salt as the shrimp already has sodium in it so taste it before adding. Add the remaining shrimp and cook for 2 to 3 minutes or until the shrimp starts turning pink. Remove the pot from the heat. The shrimp will finish cooking in the hot soup.

Ladle the soup into four bowls and garnish with green onion. Serve with lemon wedges on the sides and enjoy.

CALORIES 231.39; FAT 4.24 grs (sat 1.12; mono 1.52; poly 0.72); PROTEIN 16.19 grs ; FIBER 0.35 grs; CARBS 32.76 grs; CHOLESTEROL 78.63 mg; IRON 1.31 mg; SODIUM 794.32 mg; CALCIUM 95.18 mg

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