



Thai Shrimp Soup



prep time
7 minutes



total time
30 minutes



servings
6

Ingredients

- 1 Tbsp avocado oil or olive oil
~ 1 serving of fat
- 2 cloves garlic minced
- 1 small onion diced ~ 1 serving of veggie
- 1 Tbsp fresh ginger minced
- 1 Tbsp minced lemongrass (Mince the inner part of one stalk)
- 1 Tbsp red curry paste
- 3 cups chicken or vegetable broth
- 1 Tbsp fish sauce
- 2 x 14 oz (840 grams) cans full fat coconut milk ~ 8.5 fat serving
- 8 oz fresh shiitake mushrooms sliced ~ 1 veggie serving
- 1 lb/450 grams medium shrimp peeled and deveined ~ 12 servings of protein
- Zest of one lime grated
- 1 1/2 Tbsp lime juice about 1 lime
- Sea salt to taste
- Cilantro for garnish
- Scallions for garnish

Instructions

- 1 Heat the oil in a large stock pot over medium heat. Add the onion and cook until fragrant, then stir in the garlic, ginger, lemongrass, and curry paste and cook for one minute.
- 2 Pour the broth into the pot while stirring continually, then stir in the fish sauce and simmer for 10 minutes. Pour in the coconut milk and stir, then add the mushrooms. Cook and stir until the mushrooms are soft, about 5 minutes.
- 3 Add the shrimp and cook until no longer translucent, about 5 minutes. Stir in the lime zest and juice and season with salt to taste. Serve garnished with cilantro, sliced scallions and lime wedges.



Whole Recipe Breakdown:
12 Servings Protein
0 Servings Carb
9.5 Servings Fat
2 Servings Veggies