

RECIPE: THAI SOUP

Healthy eating does not mean boring.... Christine Hamilton reception @ HFNC

The following recipe was adapted from cookbooks written by Janet and Greta Podleski.

Soups

Who doesn't love a bowl of homemade soup on a cold day? Soup is an easy way to ensure you get your daily intake of vegetables. The varieties of soup are only limited by your imagination...

This soup has many ingredients but don't let that deter you from making it. It's very quick to make and very nutritious and delicious. Adjust spices to own taste and of course be mindful of any potential allergies (re peanuts!). Peanuts are very common and popular in Thai recipes.

Thai Soup Ingredients List:

- 2 tsp of olive oil
- 1 cup each of chopped onions and chopped red pepper
- ¾ cup of chopped celery
- 2 tsp minced garlic
- 4 cups peeled, cubed sweet potatoes (about 2 large)
- 1 tbsp grated gingerroot (or 1 tsp dried or to taste)
- ¾ tsp each ground cumin, ground coriander, curry powder (adjust to taste)
- ¼ tsp cinnamon
- 2 cups chicken broth
- 1 can light/regular coconut milk
- Salt and pepper to taste
- 3 tbsp chopped fresh basil leaves (fresh is best...but dried will do)
- 2 tbsp peanut butter (organic preferably)
- 1 tbsp brown sugar
- 1 tbsp lime juice (fresh or bottled)
- 1 lb cooked medium shrimp, tails removed (you may use uncooked, shelled, thawed shrimp as well...just cook longer until shrimp is pink but not too long as the shrimp will become rubbery!)

Method

*Heat oil in a large pan over medium heat. Add onions, pepper, celery and garlic. Cook and stir until vegetables begin to soften, about 4 minutes.

*Stir in sweet potatoes, ginger (spice or root), cumin coriander, curry powder and cinnamon. Cook and stir for 30 more seconds. Add broth, coconut milk, salt and pepper. Bring soup to a boil. Reduce heat to low, cover and simmer for 10 minutes, just until sweet potatoes are tender.

*Transfer half the soup to a blender and puree until smooth. Return pureed soup to pot with remaining soup. Stir in basil, peanut butter, brown sugar and lime juice. Mix well. Add thawed cooked shrimp and heat for about 2 more minutes until shrimp is hot.

Makes 4-6 servings