

Spicy and Sour Shrimp and Pineapple Soup

1 T. grapeseed or canola oil
1 t. chili paste
2 garlic cloves
5 c. Imagine Foods Organic Chicken Broth (or homemade)
1 onion, thinly sliced
1 large tomato, cored, seeded and chopped
1 1/2 c. fresh ripe pineapple, cut into chunks (substitute canned when unavailable)
1/2 lb. raw shrimp, shelled and deveined
2 T. fish sauce
3 T. organic sugar
1/4 c. lime juice
1/4 t. sea salt
1 c. bean sprouts
2 T. chopped mint
1 T. chopped Thai basil
2 green onions, thinly sliced
1 Thai or serrano pepper, cut in half lengthwise
a 1-inch piece of galangal, cut into thin rounds (for flavor only)
2 stalks fresh lemongrass, white bulb crushed and cut into 2-inch sections

Heat the oil in a soup pot. Add the chili paste, garlic, lemon grass, chili halves and the fresh galangal slices. Then add the stock and bring to a boil. Add the onions and simmer for 5 minutes. Add the tomatoes, pineapple, shrimp, fish sauce, sugar, lime juice and salt. Simmer until the shrimp are cooked, about 3 minutes.

Remove from the heat and discard the galangal and lemon grass pieces. Stir in the bean sprouts, fresh herbs and green onions. Taste for a good balance of spicy, sweet, tangy and sour. Add more fish sauce if the flavor is flat, more lime if it needs some acidity. Provides 6 servings, each with approximately 160 calories (22% from fat).