

Hot and Sour Soup

Prep Time: 30 minutes

Cook Time: 15 minutes

Servings: 6 servings



Ingredients

- 3 cups low-sodium chicken stock or vegetable broth
- 3 cups water
- 1 small onion, sliced thinly
- ¼ cup lime juice
- 1 stalk lemongrass, bruised and tied into knot or 1 wide ribbon of fresh lime peel
- 1 tablespoon fish sauce
- 2 stalks celery, thinly sliced
- 4 Roma tomatoes, cut into thin wedges
- 1 ½ cups pineapple, diced
- 1 cup bean sprouts
- 8 ounces shrimp, peeled or tofu, diced
- 1 green onion, sliced thinly
- 2 tablespoons cilantro, chopped

Directions

1. Wash hands with soap and water.
2. Combine all ingredients for the broth (stock, water, onion, tamarind paste, lemongrass, chiles, fish sauce) in a saucepan. Bring to a boil, then lower heat and simmer for 10 minutes.
3. 2. Add celery, tomatoes and pineapple. Simmer for about 2 minutes. Gently stir in bean sprouts and shrimp (or tofu). Simmer until cooked through, 3 to 4 minutes.
4. 3. Just before serving, sprinkle with green onion and cilantro. Serve as a first course soup, or ladle over brown rice as a one-bowl meal.

Recipe and image from EatFresh.org