

TRY OUT THIS RECIPE!

CHINESE LONG SQUASH SOUP

Ingredients

- 1 Chinese long squash
- 1 tbsp olive oil
- 1 shallot
- 2 garlic cloves, peeled and minced
- (Optional): 7-8 shrimp, peeled and deveined
- 4 cups of water
- 1 cup chicken broth (low sodium if available)
- 1 tsp each of salt and pepper
- 1 tsp fish sauce (or low-sodium soy sauce)
- (Optional): green onions and cilantro for garnish

How To Cook



1. Prepare the Chinese long squash: use a vegetable peeler to peel the skin, remove the seeds and slice.
2. In a medium-size pot, heat up oil. Add shallot and garlic. Pan-fry until fragrant (about 30 seconds). Add the shrimp and cook until pink (about 3 minutes).
3. Add water, chicken broth, salt, pepper, and fish sauce. Bring the pot to a boil. Remove the shrimp and set aside in a bowl. Then add the squash, lower the heat and cover. Simmer for 7-8 minutes.
4. Uncover and add the shrimp back into the pot. Stir for 2 minutes. Remove the pot from heat. Place the soup into a bowl and garnish with green onions and cilantro.

*You can find this recipe along with other healthy, tasty recipes at
<https://www.carolinahungerinitiative.org/original-recipes/>*