

Thai Shrimp and Chicken Soup

The minced ginger, minced garlic, mushrooms, and snow peas in this recipe require no preparation time at all. Find all those ingredients in your supermarket's produce department.

Ingredients:

- 3 cups fat-free, less-sodium chicken broth
- 1 cup bottled clam juice
- 1 tablespoon fish sauce
- 2 teaspoons bottled minced garlic
- 1 ½ teaspoons bottled minced fresh ginger
- ¾ teaspoon red curry paste
- 1 (8-ounce) package presliced mushrooms
- ½ pound peeled and deveined large shrimp
- ½ pound skinless, boneless chicken breast, cut into 1-inch pieces
- 1 (3-ounce) package trimmed snow peas
- ¼ cup fresh lime juice
- 2 tablespoons sugar
- 2 tablespoons (½ inch) sliced green onion tops
- 2 tablespoons chopped fresh cilantro
- 1 (13.5-ounce) can light coconut milk

Directions:

- Combine the first 6 ingredients in a large Dutch oven, stirring with a whisk. Add mushrooms; bring to a boil. Reduce heat, and simmer 4 minutes. Add the shrimp, chicken, and snow peas; bring to a boil. Cover, reduce heat, and simmer 3 minutes.
- Stir in lime juice and remaining ingredients. Cook 2 minutes or until thoroughly heated.

Yield: 4 (2-cup) servings

Nutritional Information: Calories 262 (24% from fat); Fat 7.1g (sat 3.8g, mono 0.3g, poly 0.6g); Iron 3.3mg; Cholesterol 121mg; Calcium 64mg; Carbohydrate 18.3g; Sodium 973mg; Protein 30g; Fiber 1.8g

Recipe Source: Cooking Light, October 2003

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.