

# EASY THAI

# Shrimp Soup



## Ingredients

- 1 cup uncooked basmati rice
- 2 tablespoons unsalted butter
- 1 pound medium shrimp, peeled and deveined
- Kosher salt and freshly ground black pepper, to taste
- 2 cloves garlic, minced
- 1 onion, diced
- 1 red bell pepper, diced
- 1 tablespoon freshly grated ginger
- 2 tablespoons red curry paste
- 2 (12-ounce) cans unsweetened coconut milk
- 4 cups vegetable stock
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

## Preparation

- In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; set aside.
- Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
- Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute.
- Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes.
- Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes.
- Stir in rice, shrimp, lime juice and cilantro. Serve immediately.

## WAC Fun Food Fact

4 oz of shrimp is considered an excellent source of the antioxidant mineral, selenium. Recent research studies show that selenium in shrimp is well absorbed. Selenium deficiency has been shown to be a risk factor for heart failure, cardiovascular disease, type 2 diabetes and depression.

What a great excuse to add shrimp into your meal planning!



Recipe of the Month |

# JANUARY