

## **Vegetable Soup with Prawns or Shrimp**

Source: *Burt Wolf's Table*

Makes 4 servings

### **INGREDIENTS:**

#### **For the Soup:**

- 1 TBS vegetable oil
- 1 C Carrots, cut into small pieces
- 1 C fresh OR frozen peas
- 1 C tomato, cut into small pieces
- 1 C zucchini, cut into small pieces
- 4 C chicken broth

#### **For the Shrimp:**

- 1 TBS vegetable oil
- 1 clove garlic, thinly sliced
- 12 medium uncooked prawns or shrimp, shelled/cleaned
- 2 TBS minced fresh basil OR 1 TBS dried
- 1 red bell pepper, thinly sliced
- Juice of 1 lemon
- Freshly ground black pepper, to taste
- 12 coriander leaves, for garnish

### **DIRECTIONS:**

**TO MAKE THE SOUP:** In saucepan over medium heat, warm the oil - add vegetables, stir/cook 5 minutes - add chicken broth - simmer 5 minutes.

**TO MAKE THE SHRIMP:** In frying pan over medium-high heat, warm the oil - add garlic, prawns, basil, red pepper, lemon juice + pepper - stir-fry 2 minutes, or till prawns are cooked.

Place 3 shrimp + some basil and peppers on 1 side of a larger serving plate - garnish with coriander leaves. Pour soup into small cup or mug and place it on serving plate next to prawns.

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**Nutrition Facts:** **Calories:** 182 **Fat:** 8g **Carbohydrates:** 16g **Cholesterol:** 27mg **Sodium:** 216mg  
**Protein:** 13g **Fiber:** 5g **% Cal. from Fat:** 40% **% Cal. from Carbs:** 35%