

## Hot and Sour Thai Shrimp Soup

### Ingredients

- 100 grams of shrimp
- 2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
- Juice of ½ lemon with rind
- 1 lemon grass stalk
- 2-3 slices of fresh ginger
- Red pepper flakes or cayenne pepper to taste
- 1 tablespoon green onion
- 1 tablespoon fresh cilantro, chopped
- Sea salt and pepper to taste

Makes 1 serving (1 protein)
20 grams protein
2 grams fat
125 calories

### PHASE 3 MODIFICATIONS:

Add straw mushrooms and fish paste.

Add a little hot chili paste or chili oil.

### Directions

1. Bring the broth to a boil.
2. Add the ginger, lemongrass, lemon juice, onion, and pepper.
3. Simmer for 10-15 minutes.
4. Add the shrimp and cilantro and cook another 8 minutes.
5. Remove lemongrass before serving.
6. Serve hot.

