

# ***FFF Tom Yum Soup***

*Recipe By: Fiscallyfitfoodie.com -- James B.*

*Serves 3-4 – Prep Time: 5 min, Cook Time: 20 min*



## **Ingredients**

- 4 cups (1 quart) chicken, seafood, or vegetable stock
- 14-16 shelled and deveined shrimp, large (about ½ lb total)
- 2-3 kaffir lime leaves, torn into pieces
- 1 lemongrass stalk, cut into 1 inch pieces and crushed to release oils
- 5 slices of galangal or ginger
- 8 oz of cremini (baby portabella) or white button mushrooms, quartered
- 4 tbsp lime juice (about two limes)
- 3 tbsp fish sauce (or to taste) – this will act in place of salt (but salt isn't an exact swap-out)
- 3-4 hot chilies, seeds removed and pieces cut off and crushed to release a little heat
- 3-4 tbsp roasted chili paste (chili paste in soya bean oil)
- Chopped green onion and cilantro leaves – to finish/garnish

## **Directions**

1. Bring chicken stock to boil on high heat, then lower heat to medium.
2. Add lime leaves, lemongrass, and galangal wrapped in cheesecloth that has been tied with butcher's twine. Simmer for 10 minutes, covered.
3. Add mushrooms, fish sauce, and lime juice to pot. Cook on med/high heat for 2-3 minutes, covered.
4. Add shrimp and turn off heat completely. Make sure the lid is on. Let sit for 4-5 mins.
5. During that 4-5 min timeframe, put 1 tbsp of chili paste and 1-2 slivers of chilies in each bowl.
6. Ladle soup into bowls, stir to mix in the paste, garnish with cilantro and green onions.
7. Adjust taste to your liking. More chilies, chili paste, fish sauce, lime, etc. Spicy/sour/salty.
8. Serve hot, with or without rice.

Nutrition (per serving...4 servings total for recipe): 120 calories, 6g carbs, 2g fat, and 19g protein (calculated with [www.myfitnesspal.com/recipe/calculator](http://www.myfitnesspal.com/recipe/calculator)).