

# Thai Shrimp Soup

Crock-Pot Magazine - Recipe Card Collection, January 2014

## Servings: 6

*3/4 pound large shrimp, peeled and deveined, shells reserved*  
*8 cups fish or chicken broth*  
*1 cup diced carrots*  
*3 stalks lemongrass, thinly sliced*  
*2 to 3 tablespoons fresh ginger, peeled and grated*  
*2 tablespoons minced garlic*  
*1 1/2 tablespoons fresh Thai basil*  
*OR basil, finely chopped*  
*1 1/2 tablespoons fresh mint, finely chopped*  
*1 1/2 tablespoons cilantro, finely chopped*  
*1 serrano pepper, stemmed and thinly sliced*  
*1 to 2 limes, juiced*  
*1 can unsweetened coconut milk*  
*1/4 to 1/2 teaspoons sambal oelek*  
*chile paste*  
*6 thin lime slices (for garnish)*

Halve the shrimp lengthwise. Place in the refrigerator.

Place the shrimp shells, broth, carrots, lemongrass, ginger and garlic in a slow cooker. Cover and cook on LOW for 3-1/2 to 4-1/2 hours or on HIGH for 2 to 3 hours.

Strain the broth and discard the solids. Return the broth to the slow cooker.

Add the shrimp, basil, mint, cilantro, serrano pepper, lime juice, coconut milk and chile paste. Cover and cook on HIGH for 15 minutes or until the shrimp are cooked through.

Ladle the soup into serving bowls. Garnish with lime slices.

*1. Serrano peppers can sting and irritate the skin, so wear rubber gloves when handling peppers and do not touch your eyes.*

*2. Chile pepper pastes, such as sambal oelek, are commonly used condiments in Southeast Asia. You can find them in the ethnic section of many grocery stores, in Asian markets or online.*

---

Per Serving (excluding unknown items): 118 Calories; 1g Fat (9.5% calories from fat); 13g Protein; 15g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 97mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	118
% Calories from Fat:	9.5%
% Calories from Carbohydrates:	48.4%

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg

**% Calories from Protein:** 42.0%  
**Total Fat (g):** 1g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 86mg  
**Carbohydrate (g):** 15g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 13g  
**Sodium (mg):** 97mg  
**Potassium (mg):** 502mg  
**Calcium (mg):** 76mg  
**Iron (mg):** 5mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 12mg  
**Vitamin A (i.u.):** 6289IU  
**Vitamin A (r.e.):** 649RE

**Folacin (mcg):** 33mcg  
**Niacin (mg):** 2mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1 1/2  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 118 **Calories from Fat:** 11

### % Daily Values\*

**Total Fat** 1g 2%  
     Saturated Fat trace 1%  
**Cholesterol** 86mg 29%  
**Sodium** 97mg 4%  
**Total Carbohydrates** 15g 5%  
     Dietary Fiber 1g 4%  
**Protein** 13g

**Vitamin A** 126%  
**Vitamin C** 19%  
**Calcium** 8%  
**Iron** 26%

\* Percent Daily Values are based on a 2000 calorie diet.