



Thai Shrimp and Chicken Soup

The minced ginger, minced garlic, mushrooms, and snow peas in this recipe require no preparation time at all. Find all those ingredients in your supermarket's produce department.



Photo by: Photography:
Randy Mayor; Styling: Jan
Gautro

YIELD: 4 servings (serving size: about 2 cups)
COURSE: Main Dishes, Soups/Stews

Ingredients

- 3 cups fat-free, less-sodium chicken broth
- 1 cup bottled clam juice
- 1 tablespoon fish sauce
- 2 teaspoons bottled minced garlic
- 1 1/2 teaspoons bottled minced fresh ginger
- 3/4 teaspoon red curry paste
- 1 (8-ounce) package presliced mushrooms
- 1/2 pound peeled and deveined large shrimp
- 1/2 pound skinless, boneless chicken breast, cut into 1-inch pieces
- 1 (3-ounce) package trimmed snow peas
- 1/4 cup fresh lime juice
- 2 tablespoons sugar
- 2 tablespoons (1/2-inch) sliced green onion tops
- 2 tablespoons chopped fresh cilantro
- 1 (13.5-ounce) can light coconut milk

Preparation

Combine the first 6 ingredients in a large Dutch oven, stirring with a whisk. Add mushrooms; bring to a boil. Reduce heat, and simmer 4 minutes. Add the shrimp, chicken, and snow peas; bring to a boil. Cover, reduce heat, and simmer 3 minutes.

Stir in lime juice and remaining ingredients. Cook 2 minutes or until thoroughly heated.

Nutritional Information

Amount per serving
Calories: 262
Calories from fat: 24%
Fat: 7.1g
Saturated fat: 3.8g
Monounsaturated fat: 0.3g
Polyunsaturated fat: 0.6g
Protein: 30g
Carbohydrate: 18.3g
Fiber: 1.8g
Cholesterol: 121mg
Iron: 3.3mg
Sodium: 973mg
Calcium: 64mg

Cooking Light OCTOBER 2003

Go to full version of

[Thai Shrimp and Chicken Soup recipe](#)

Copyright © 2011 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use and Privacy Policy](#).