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## Tom Yum Soup with Pineapple

Makes 6 servings, about 1 1/3 cups each

**Ingredients**

1 stalk lemongrass, cut into 1-inch pieces (see Tip)  
2 1/4-inch-thick slices galangal (see Tip) or ginger  
6 cups reduced-sodium chicken broth  
2 jalapeños, sliced  
4 Thai lime leaves (see Tip) or 3 2-inch strips lime zest  
1 1/2 cups chopped fresh pineapple  
1 cup sliced shiitake mushroom caps  
1 medium tomato, chopped  
1/2 medium red bell pepper, cut into 1-inch cubes  
2 tablespoons fish sauce (see Tip)  
1 teaspoon sugar  
8 ounces peeled and deveined raw shrimp (26-30 per pound)  
1/4 cup fresh lime juice  
2 scallions, sliced  
1/3 cup chopped fresh cilantro

**Instructions**

1. Gently smash lemongrass and galangal (or ginger) on a cutting board with the side of a knife. Place in a large saucepan with broth, jalapeños and lime leaves (or zest). Bring to a boil, reduce to a simmer; cover and cook for 15 minutes. Strain into a bowl. Discard solids.  
2. Return the broth to the pan. Add pineapple, mushrooms, tomato, bell pepper, fish sauce and sugar. Bring to a simmer and cook, uncovered, for 5 minutes. Add shrimp and cook until they are pink and just cooked through, 2 to 3 minutes. Remove from the heat and stir in lime juice, scallions and cilantro.

**Tips**

Tip: Lemongrass, galangal, Thai lime leaves (sometimes called Kaffir or makrut lime leaves) and fish sauce lend the signature Thai flavors to this soup. If unavailable at your supermarket, find these ingredients at Asian markets.

**Nutrition Information**

Per serving: 105 calories; 1 g fat (1 g sat, 0 g mono); 62 mg cholesterol; 11 g carbohydrate; 13 g protein; 1 g fiber; 596 mg sodium; 252 mg potassium.

Nutrition bonus: Vitamin C (58% daily value), Vitamin A (19% dv).

1/2 Carbohydrate Serving

Exchanges: 1/2 fruit, 2 lean meat