



YUCATAN LEMON SOUP

Intermediate Lifestyle

Ingredients

4 cups low-sodium chicken broth
1 medium onion, cut into quarters
2 jalapeño peppers, seeded and quartered
8 cloves garlic, crushed and peeled
3 TBS finely grated Meyer lemon zest*
½ TSP cumin seeds
1 4-inch cinnamon stick
4 whole garlic cloves
1 pound raw shrimp (26-30- per pound), peeled and deveined
3 TBS Meyer Lemon juice*
½ TSP salt
1/4 TSP hot sauce, or to taste (optional)
½ cup chopped fresh cilantro

Instructions

1. Bring broth, onion, jalapeños, garlic, zest, cumin seeds, cinnamon stick and cloves to a simmer in a large saucepan or Dutch oven. Cover, reduce heat, and continue to simmer for 20 minutes. Strain the broth (discard the solids).
2. Return the broth to the pan and bring to a low simmer. Add shrimp, lemon juice, salt and hot sauce (if using). Cook until the shrimp are pink and firm, about 3 minutes. Stir in cilantro and serve.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1 cup = 1 P

***Note:** Meyer Lemon Juice Concentrate can be purchased online from www.perfectpuree.com, specifically from this page: <http://www.perfectpuree.com/index.php/Products/meyer-lemon.html>. A Meyer lemon has a distinct sweet, tart, floral taste. To substitute, you can use 2 TBS regular lemon juice plus 1 TBS orange juice to replace the 3 TBS juice in this recipe, and regular lemons for the zest.

Recipe from the www.eatingwell.com web site.