



## *What's Cooking in*

Submitted by Highlands resident **Sara Peternell**

# West Highland

## COCONUT & TOMATO SHRIMP SOUP

*After the holidays, isn't it nice to not have to prep and cook such elaborate meals? What's more, you want to start the new year off right with light, healthy choices to help you stick to your goals. This is an easy, one-pan, healthy and delicious Caribbean-inspired tomato soup with shrimp, coconut milk and a little kick.*

### Ingredients

- 2 TBS olive oil
- 1 medium shallot chopped
- 1 red bell pepper chopped
- 4-5 cloves garlic minced
- 1/2 cup long-grain brown Basmati rice
- 1/4 tsp red pepper flakes (or more if you like it hot!)
- 2 tsp sea salt
- pinch of nutmeg
- 15 oz. crushed organic canned tomatoes (1 can)
- 4 cups water
- 8 oz. organic vegetable broth
- 1 cup organic canned full-fat coconut milk, unsweetened
- 1 lb. medium shrimp, shelled and deveined (can leave the tails on if you wish)
- 1/4 tsp black pepper ground
- juice from 1 lemon
- 1/4 cup fresh parsley chopped, for garnish
- 1/4 cup fresh basil chopped, for garnish

### Instructions

1. In a large soup pot, heat the olive oil over low heat. Add shallot, red bell pepper, garlic and cook stirring occasionally until the shallot and pepper are soft.
2. Add the rice, red pepper flakes, salt, nutmeg, tomatoes, broth and water to the pot and bring to boil. Cook until the rice is almost done, about 10 minutes.
3. Stir the coconut mil, into the soup. Bring to a simmer for another 5 minutes, and then stir in the shrimp. Simmer, stirring occasionally, until the shrimp are just done, 3-5 minutes.
4. Stir in the black pepper, lemon juice, basil and parsley just before serving.

*Sara Peternell, MNT, is a board-certified holistic nutrition practitioner, speaker and author living in the Highlands with her family. Sara's practice is focused on family nutrition, with emphasis on fertility, pregnancy, post-partum and feeding growing children. [www.sarapeternell.com](http://www.sarapeternell.com)*



Have a great recipe to share? Please email me at [Barbara.gart@n2pub.com](mailto:Barbara.gart@n2pub.com); we'd love to share it in the magazine!