

Recipe Name: Asian Soup with Shrimp**Recipe Category:** Soup**Portion Size:** 1 cup**Ingredients:** **Yields:** servings

Ingredients	Notes:
2 tablespoons olive oil	
1 teaspoons chopped fresh ginger root	
1 clove garlic, minced	Washed, peeled and minced
6 cups reduced sodium chicken broth	
1 cup mushrooms	Washed, trimmed and sliced
¼ cup canned bamboo shoots	Drained and rinsed
12 tablespoons light soy sauce	
2 tablespoons cup cornstarch	
2 tablespoons cup rice vinegar	
2 teaspoons sugar	
3 cups frozen mixed stir fry vegetables	
8 oz. frozen, small peeled deveined shrimp	
3 cups fresh baby spinach	Washed and trimmed
¼ cup green onions	Washed, trimmed and sliced

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	In a large soup kettle heat oil to medium high heat. Add ginger and garlic and cook 3 minutes, until tender. Combine 2 cups broth with cornstarch.	
2	Pour cornstarch mixture into pot with mushrooms, bamboo, soy sauce, vinegar, sugar and remaining broth. Bring to a boil and cook until thickened. Stir in frozen mixed vegetables and shrimp. Simmer until shrimp is opaque. About 10 minutes. Stir in spinach until just wilted, about 2 minutes. Serve at once.	Cook until internal temperature reaches 135°F.
3	Serve hot topped with green onions.	

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat only once. Discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Store in airtight container in refrigerator for up to 72 hours or may freeze for up to 30 days.

Texture Modified Diets: SOUP: are considered a mixed consistency item. Mixed consistency means liquids and food particles mixed. If a person does not tolerate a mixed consistency they should be given the puree version of the soup.

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to combining in soup. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: green onion and bamboo shoots.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size prior to combining in soup. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: green onion and bamboo shoots.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to combining in soup. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: green onions and bamboo shoots.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree but only as needed. Do not add too much liquid. Puree soup may not hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding or a smooth thickened liquid. Individuals who do not tolerate thin liquids should have soup strained, puree and thickened to the appropriate smooth consistency. Foods that do not process well should be omitted. Omit: green onions and bamboo shoots.

Therapeutic Modified Diets:**Lowfat:** No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit green onions, garlic, and vinegar. Use green beans, carrots and peas for frozen vegetables.

Liberal House Renal: Use alternate menu item.

No Added Salt: No changes needed

2 Gram Sodium: Use alternate menu item.

Gluten Free: Use GF broth. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X			x	X		

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free