



AADI Recipe - Canh Bi Dao Tom (Winter Melon Soup with Shrimp)

This soup is a main dish that is familiar to many Vietnamese families. Serve this over brown rice for the nutritional benefits from whole grains - higher fiber and rich in vitamins and minerals, such as B vitamins and manganese.



Ingredients:

- 1 pound winter melon
- 5 ounces shrimp (about 12-15 medium shrimps)
- 1½ teaspoons black pepper
- 1 tablespoon fish sauce
- ¼ cup scallion
- 2 cups low sodium chicken broth
- 2 cups water
- ¼ teaspoon granulated sugar
- 6 cups cooked brown long-grain rice

Directions:

1. Peel the winter melon. Cut the melon lengthwise. Remove the seeds and the inner pith. Cut it into pieces of 3-inch long and ¼-inch wide.
2. Grind the shrimps in a food processor.
3. Mix the shrimp paste, 1 teaspoon black pepper, and ½ tablespoon of fish sauce in a small bowl. Mix well.
4. Leave 1 teaspoon of scallions behind. Add the rest of the scallions to the shrimp paste. Mix well.
5. Add the chicken broth and 2 cups of water into a large pot. Bring it to a boil. Lower the heat to medium heat.
6. Scoop 1 tablespoon of the shrimp mixture, and individually drop them into the broth. Repeat until all the paste has been used up.
7. Add the winter melon into the broth. Boil in high heat for 1-2 minutes.
8. Reduce to medium heat. Add the sugar and remaining fish sauce into the pot. Cook for 10 minutes.
9. Add the remaining scallions and black pepper for garnish.
10. Serve immediately with brown rice.

Nutrition Facts

Serving Size: 1.5 cups

Servings Per Recipe: 6

Amount Per Serving

Calories 260 **Calories from Fat 25**

%Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 490mg **20%**

Total Carbohydrate 49g **16%**

Dietary Fiber 6g **24%**

Sugars 1g

Protein 10g **20%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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