

## Cellophane Noodle & Shrimp Soup



### Sirve:

8-10 servings

### Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)  
Saladmaster Food Processor

**Valora:** ★★☆☆☆

### Contribuido por:

Cathy Vogt  
Certified Health Coach & Natural Foods Chef  
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### Descripción de la Receta:

Sotanghon also known as cellophane noodles or glass noodles are a popular ingredient in Filipino dishes. Cellophane noodles are quick and convenient to use, soak in water or stock for added flavor to rehydrate and add to dish you are preparing. Cellophane noodles are used in soups, stews, stir fry dishes and as part of a filling for dumplings. This is a delicious one pot meal and its gluten free.

4 cloves  
garlic, shredded, use Cone #1  
1 medium  
red onion, strung, use Cone #2  
4 carrots, strung, use Cone #2  
1 - 1/2 cups  
shitake mushrooms, sliced, use Cone #4  
(145  
g)  
1 - 1/2 lbs  
shrimp, peeled and deveined, cut pieces in half  
(680  
g)  
4 cups  
Napa cabbage, chopped into bite size pieces  
(224  
g)

2 tsp  
natural salt  
(2  
g)  
8 cups  
shrimp or fish stock  
(1.89  
ml)  
2 tbsp  
tamari or naturally fermented, soy sauce  
(36  
g)  
1 tbsp  
annatto powder (atsüete)  
(29  
g)

#### **Preparación :**

1. Preheat Grand Gourmet over medium heat for 7-9 minutes or until a sprinkle of water skitters and dissipates.
2. Cook garlic, onion and carrot for 2-3 minutes. Add shitake mushrooms and cook for 2 minutes.
3. Add shrimp, cook for 3 minutes until they begin to turn pink, then add Napa cabbage and salt stir to combine.
4. Pour fish stock over top of vegetables, add tamari.
5. Cover and cook for 10-12 minutes until Napa cabbage is softened and shrimp are cooked.
6. In a small bowl add annatto powder and 1 cup of hot stock, stir to combine and dissolve. Add to Grand gourmet and cook for 2-3 minutes longer.
7. Taste and adjust seasonings as needed.

#### **Consejos:**

- Substitute shrimp for small meatballs, shredded chicken or tofu.
- For a vegan version, omit shrimp and add in extra vegetables; broccoli florets, zucchini, green beans or other favorite vegetables.
- Extra salt or tamari may be needed depending on the stock you are using.

**Calorías:** 216

**Grasa:** 1g

**Grasa** 0g

**Saturada:**

**Colesterol:** 73mg

**Sodio:** 585mg

**Carbohidrato:** 30g

**Fibra:** 4g

**Azúcar:** 5g

**Proteína:** 11g

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