

Pork and Cabbage Soup

- 1 small green cabbage
- 8 stalks of celery cut into 1" pieces
- 4 finely chopped garlic cloves
- 1 1/2 T. coconut sugar
- 4 T. soy sauce
- 1 T. fish sauce
- 2 cups chicken broth
- 2 cups water
- 6 oz. ground pork
- 1/2 cup finely chopped cilantro

Fry the garlic in a frying pan with the pork and stir until it's done. Strain the oil from the pork and add the sugar and soy sauce and stir. Put it aside. Slice the cabbage in half and then cut it lengthwise on the diagonal. Add the celery and cabbage to the water and chicken broth and bring to a simmer.

Cook the soup for 10 minutes and then add the pork and garlic to the soup pot. Add the fish sauce and the cilantro and taste for the flavor. You may want to add more sweetness or more soy sauce. If it needs more spice add the fish sauce.

Serves 4 with leftovers.

Simmer brown rice in a pot or rice cooker while the soup is cooking. You can pour the soup over some rice for a complete meal.

* If you add more water to the soup you can have lunches for 2 people for 2 or 3 days.

Hot and Sour Prawn Soup

- 6 large prawns
- 8 oz. mushrooms sliced in half
- 5 hot chilis (lightly crushed and according to tolerance for heat)
- 2 stems of lemon grass
- 1/4 cup chopped cilantro
- 3 T. fish sauce
- 1/4 cup lime juice
- 3 cups chicken broth

If you can't find the lemon grass in your super market look in a specialty market or your natural foods store. Wash, shell, remove the heads and de-vein the prawns. Bring a pot of chicken stock or broth to a boil. Add the lemon grass and cook until fragrant. Add the prawns and mushrooms and cook for 5 minutes. Season with lime juice, chilies and fish sauce. Add the chopped cilantro and turn off the heat.

Pour over brown rice for a complete meal and garnish each bowl with cilantro.