



Elliott Evans Nutrition, LLC
Prevent and Protect
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THAI CURRY VEGETABLE AND TOFU SOUP

(WWW.REALSIMPLE.COM)

Makes 4 servings

- 1** **tablespoon Thai red curry paste**
- 1** **teaspoon grated fresh ginger**
- 2** **cups low-sodium vegetable broth**
- 1** **14-oz can coconut milk**
- Kosher salt**
- ½** **pound shiitake mushrooms, stems removed and caps thinly sliced**
- 4** **ounces green beans, halved**
- 2** **carrots, halved lengthwise and sliced crosswise**
- 14** **ounces extra-firm tofu, drained and cut into cubes**
- 4** **ounces snow peas**
- 2** **tablespoons fresh lime juice**
- ½** **cup torn fresh basil leaves**
- Asian chili garlic sauce, for serving**

Preparation:

- **Place the curry paste and ginger in a medium saucepan. Whisk in the broth, coconut milk, and 1 teaspoon salt and bring to a boil.**
- **Add the mushrooms, green beans, and carrots to the saucepan and simmer until just tender, 3 to 5 minutes. Add the tofu and snow peas and simmer until the snow peas are bright green, about 1 minute more.**
- **Stir in the lime juice. Sprinkle with the basil and serve with the chili garlic sauce.**