
THAI CURRY VEGETABLE & TOFU SOUP

1 tablespoon	Thai red curry paste
1 teaspoon	Fresh ginger, grated
2 cups	Low-sodium vegetable broth
1 14 ounce can	Lite coconut milk*
	Kosher salt
1/2 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
1/4 cup	Fresh basil leaves, torn
	Asian chili garlic sauce, for serving

- 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.

Tips:

*If you want to lower the fat in this soup even more, use ½ can lite coconut milk and add ~8oz more of broth.

Although you'll find several types of Thai curry paste in the supermarket, the red variety—typically made from red chili peppers, lemongrass, ginger, and kaffir limes—is the most common. A spoonful instantly adds depth of flavor to soups and stir-fries.

Serves 4