

Thai Coconut Soup

serves 6–8

This is a delicious, fresh, and inspiring soup, full of vibrant flavors. I like this soup any time of the year. Serve it with Asian noodles with peanut or sesame sauce and vegetables for a fabulous meal.

4 cups vegetable stock	1 cup shiitake (or white) mushrooms, sliced thin
1 12-ounce can coconut milk	3/4 c. broccoli, small florets
5–6 thin slices ginger (or galangal, if avail.)	1 tsp. minced fresh chili pepper
4 stalks lemongrass, bulbs pounded flat	juice from one lime (or 2 if preferred)
1 T. olive oil + 1 T. mild vegetable oil	1–2 T. sweetener (sugar or honey)
1 cup onion, sliced into thin slivers (top to bottom)	1 lb. firm tofu, cut in to 1/2" cubes (sub. cooked chicken if desired)
3 cloves garlic, minced	2 T. chopped fresh cilantro
1 carrot, sliced thin diagonal rounds	1 T. minced Thai basil, or "regular" basil
1/2 cup shredded Chinese cabbage or bok choy	

Place the stock, coconut milk, galangal/ginger, and lemongrass into a pot and simmer for 30–45 minutes. Meanwhile, heat a medium-sized pot with both oils on medium high heat. Add the onion and sauté for 3–4 minutes, then add the garlic and sauté for another 3–4 minutes, stirring often. Add the carrots and sauté 3 minutes, then the cabbage and mushrooms and sauté for another 3–4 minutes. Add the broccoli, chili pepper, lime juice, sweetener, and tofu (or chicken) and stir well. Strain the stock/coconut milk and add that to the pot. Taste and adjust seasoning as needed. Add the cilantro and basil just before serving. Enjoy!