

Fiery Tofu and Coconut Curry Soup

Ingredients

2 Tbsp canola oil
2 tsp minced garlic
1/4 cup red curry paste
1 Tbsp dark brown sugar
2 (13.5-ounce) cans light coconut milk
2 1/2 cups organic vegetable broth
1/4 cup fresh lime juice
1/4 cup thinly sliced peeled fresh ginger
2 tablespoons lower-sodium soy sauce
2 cups thinly sliced carrot (about 4)
1 1/2 cups (1-inch) pieces green beans (8 ounces)
1 (14-ounce) package water-packed soft tofu, drained and cut into (1-inch) cubes
3/4 cup fresh cilantro leaves

Directions:

Step 1 Heat oil in a large saucepan over medium-high heat. Add garlic to pan; sauté 30 seconds or until lightly browned. Add curry paste; sauté 1 minute, stirring constantly. Add brown sugar; cook 1 minute. Stir in coconut milk, broth, juice, ginger, and soy sauce. Reduce heat to low; cover and simmer 1 hour. Add carrot; cook for 6 minutes. Add beans, and cook 4 minutes or until vegetables are crisp-tender. Add tofu to pan, and cook 2 minutes. Garnish with cilantro leaves.

Nutrition Facts Per Serving: 224 calories; fat 14.4g; saturated fat 7.4g; mono fat 3.3g; poly fat 2.8g; protein 7.6g; carbohydrates 21g; fiber 3g; cholesterol 0mg; iron 2mg; sodium 690mg; calcium 114mg.