

# Vegetarian Thai Coconut Soup

<http://www.thenakedkitchen.com/clean-eating-thai-coconut-vegetable-soup/>



## Ingredients:

- 1 tbsp olive oil
- 3 cloves garlic, minced
- 1/2 red onion, sliced
- 1 carrot, sliced thin
- 1 cup shiitake mushrooms, sliced
- 2 small red chili peppers, minced, or 1 jalapeno pepper
- 1 1/2 cups vegetable broth
- 1 12 ounce can coconut milk
- 5-6 thin slices ginger (or galangal, if you have it)
- 5-6 1-inch slices lemongrass
- juice from one lime
- 1 16 ounce package tofu, chopped into 1-inch cubes
- 2 tbsp chopped fresh cilantro

## Preparation:

In a large soup or stockpot, sautee the onion, garlic, carrots and mushrooms in oil for just a few minutes until lightly cooked.

Reduce heat to low and add the vegetable broth, coconut and remaining ingredients, except for cilantro.

Allow to simmer over low heat for at least 15 minutes. Stir in fresh cilantro just before serving.

Enjoy your vegetarian Thai coconut soup!