

Vegan Thai Soup

Source: simpleveganblog.com

Prep **Cook** **Total**
10 min **15 min** **25 min**

Yield: 3-4

Serving: 4

You only need one pot to make this delicious vegan Thai soup. It's made with easy to get ingredients and you can add your favorite veggies.

Ingredients

- ½ julienned red onion
- ½ julienned red bell pepper
- 3 sliced mushrooms
- 2 cloves **garlic** *finely chopped*
- ½ -inch piece of **ginger root** (*about 1 cm*) *peeled and finely chopped*
- ½ **Thai chili** *finely chopped**
- 2 cups **vegetable broth** *or water, (500 ml)*
- 1 **14-ounce can coconut milk** (*400 ml*)
- 1 tbsp **coconut cane** *or brown sugar*
- 10 oz **tofu** *cubed (275 g)*
- 1 tbsp **tamari** *or soy sauce*
- ½ **lime** *The juice of*
- fresh cilantro** *A handful of - chopped*

Directions

Place all the veggies (onion, red bell pepper, mushrooms, garlic, ginger and Thai chili), broth, coconut milk and sugar in a large pot.

Bring it to a boil and then cook over medium heat for about 5 minutes.

Add the tofu and cook for 5 minutes more.

Remove from the heat, add the tamari, lime juice and fresh cilantro. Stir and serve.

Keep the soup in a sealed container in the fridge for up to 5 days. You can also freeze it.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 339 **Protein:** 14.8 g **Sugar:** 5.3 g **Carbohydrate:** 15.6 g **Fat:** 27.6 g **Sodium:** 297.4 mg **Fiber:** 3.2 g

