Thai Tofu Noodle Soup with Lemongrass

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8   **Serving Size: 8 ounces**

Ingredients	Quantity	Measure
Boiling water for noodles	2	quarts
Rice noodles	1	pound
Vegetable stock	2	quarts
Lemongrass	½	cup
Fresh ginger, minced	2	tablespoons
Carrots, small dice	½	pound
Broccoli, small florets	½	pound
Bok Choy, medium chop	½	pound
Coconut milk, canned	2	cups
Tofu, drained, cubed	1	14-ounce package
Soy sauce, reduced sodium	1	cup
Fresh basil, garnish	½	cup
Sriracha, optional	4	ounces
Lime zest, optional	as	needed

Preparation

1. Place stock in a soup pot with lemongrass, ginger and carrots. Bring to a boil, and then reduce heat to medium. Allow to simmer while you chop remaining vegetables.
2. Add chopped Bok Choy and broccoli florets to the stock and allow vegetables to soften but remain bright in color, approximately 8-10 minutes.
3. Reduce heat to low and add coconut milk. Stir until coconut milk is thoroughly combined with the stock.
4. Gently stir and add tofu. Stir gently to avoid tofu falling apart.
5. Add soy sauce. Stir until well combined.
6. Bring water to a boil.
7. Once boiling, remove from heat and add noodles to the hot water. Leave off heat and allow noodles to soften for 5-8 minutes. Drain and set aside until step 7.
8. Add ½ cup rice noodles to a bowl, top with soup and garnish with fresh basil, sriracha sauce, and lime zest if desired.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 408 Total Fat: 14g Saturated Fat: 11g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 62g Fiber: 4g Total Sugar: 6g Protein: 9g Sodium: 1075mg Vitamin A: 252μg Vitamin C: 33mg Calcium: 389mg Iron: 4.2mg Folate: 40μg