

Thai Lime-Onion Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 1 ½ cups

Ingredients	Quantity	Measure
Vegetable or mushroom stock	1	gallon
Onions, yellow or white, thinly sliced into rings	7	cups
Soy sauce, low sodium	1	cup
Lime juice	½	cup
Ginger, ground	2	Tbsp.
Chilies, fresh (Jalapeno, Serrano, Thai), seeded and minced	¼	cup
*Tofu, extra-firm, drained, pressed, cubed into 1" pieces	3	14 ounce packages
Cilantro, fresh, chopped	½	cup
Lime wedges	12	pieces

Preparation

*Please see separate page for tofu pressing instructions.

1. In a stock pot, heat stock and bring to a simmer.
2. Add onions, soy sauce, lime juice, ginger, and chilies. Simmer for 5-7 minutes or until onions are just soft.
3. To assemble: place 2 ounces of tofu and 1 teaspoon of cilantro in each soup bowl. Pour soup over tofu and garnish with lime slice.

Serving Information

For a milder flavor, reduce the amount of chilies used or use red/green bell pepper

Nutrition Information

 *From USDA Nutrient Database

Calories: 50 Total Fat: 0.2g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10g Fiber: 2g Total Sugars: 3g Protein: 2g Sodium: 1091mg Vitamin A: 3µg Vitamin C: 7mg Calcium: 41mg Iron: 2mg Folate: 4µg

