

For "Soups On" February 2, 2021

Taste of Home



Veggie Thai Curry Soup

★★★★☆

My go-to Thai restaurant inspired this curry soup. Shiitake mushrooms are my favorite, but any fresh mushroom will work. Fresh basil and lime add a burst of bright flavors. —Tre Balchowsky, Sausalito, California

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 6 servings.

Ingredients

1 package (8.8 ounces) thin rice noodles or uncooked angel hair pasta

1 tablespoon sesame oil

2 tablespoons red curry paste

1 cup light coconut milk

1 carton (32 ounces) reduced-sodium chicken broth or vegetable broth

1 tablespoon reduced-sodium soy sauce or fish sauce

1 package (14 ounces) firm tofu, drained and cubed

1 can (8-3/4 ounces) whole baby corn, drained and cut in half

1 can (5 ounces) bamboo shoots, drained

1-1/2 cups sliced fresh shiitake mushrooms

1/2 medium sweet red pepper, cut into thin strips

Torn fresh basil leaves and lime wedges

Directions

1. Prepare noodles according to package directions.

2. Meanwhile, in a 6-qt. stockpot, heat oil over medium heat. Add curry paste; cook until aromatic, about 30 seconds. Gradually whisk in coconut milk until blended. Stir in broth and soy sauce; bring to a boil.

3. Add tofu and vegetables to stockpot; cook until vegetables are crisp-tender, 3-5 minutes. Drain noodles; add to soup. Top each serving with basil; serve with lime wedges.

Nutrition Facts

1-2/3 cups: 289 calories, 9g fat (3g saturated fat), 0 cholesterol, 772mg sodium, 41g carbohydrate (3g sugars, 2g fiber), 11g protein. **Diabetic Exchanges:** 2-1/2 starch, 1 medium-fat meat, 1/2 fat.

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