

# Coconut Hot and Sour Soup

This one-pot soup really hits the spot! The coconut milk makes for a creamy, silky texture while the red curry paste adds a depth of flavor. The fresh lime juice helps to brighten the whole soup. Pair with brown basmati rice or drop in brown rice noodles to create a satisfying meal from this soup base. Double this recipe and store extras in the freezer for future meals.

Serves 3

Serving size: 2 cups

Prep time: 10 minutes

Cook time: 30 minutes

Total time: 40 minutes

## Ingredients

- 1 Tablespoon ginger, grated
- 2 Tablespoon red curry paste
- 4 cups low sodium vegetable broth
- 6–8 white mushrooms, thinly sliced
- 1/4 cup freshly squeezed lime juice
- 1 teaspoon sugar
- 2 teaspoons low sodium soy sauce
- 1 can coconut milk
- 1 lime cut into wedges
- **Optional toppings:** fresh limes, green onions, cilantro, chilis, jalapenos



## Directions

1. Heat a large soup pot over medium heat. Add the ginger and curry paste and cook to stirring constantly for 3 minutes.
2. Add the vegetable broth.
3. Cook for 15 minutes stirring occasionally. Reduce heat.
4. Add the remaining ingredients and cook for an additional 15 minutes.

## Nutrition Facts

Serves 3  
Serving size 2 cups (341g)

Amount per serving  
**Calories 308**

	% Daily Value*
<b>Total Fat</b> 27g	<b>42%</b>
Saturated Fat 24g	121%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 491mg	<b>20%</b>
<b>Total Carbohydrate</b> 16g	<b>5%</b>
Dietary Fiber 3g	10%
Total Sugars 3g	
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 67mg	7%
Iron 5.9mg	9%
Potassium 408mg	12%
Phosphorus 153mg	15%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.