

Thai Tofu Noodle Soup with Lemongrass

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 8

Serving Size: 8 oz.

Ingredients	Quantity	Measure
Boiling Water for Noodles	2	qt.
Rice Noodles	1	lb.
Lemongrass	½	cup
Vegetable Stock	2	qt.
Fresh Ginger, minced	2	tbsp.
Tofu, drained, soft	1	package
Broccoli, small florets	½	lb.
Bok Choy, medium chop	½	lb.
Carrots, small dice	½	lb.
Soy Sauce	1	cup
Coconut Milk	2	cups
Fresh Basil, garnish	½	cup
Sriracha, optional	4	oz.
Lime Zest, optional		

Preparation

1. Dunk noodles in the hot water and allow soften while preparing soup.
2. 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. Add to stock and allow vegetables to soften but remain bright in color.
3. Reduce heat to low and add coconut milk, stir till dissolved.
4. Gently stir and add tofu. Stir gently to avoid tofu falling apart.
5. Add soy sauce.

Serving Suggestion

Serve with 4 oz. of rice noodles. Garnish with fresh basil zest, lime and Sriracha if desired.

Nutrition Information

 *From USDA Nutrient Database

Calories: 463 Total Fat: 17g Saturated Fat: 13g Carbohydrate: 66g Protein: 14g Sodium: 1700mg
Vitamin A: 318µg Vitamin C: 80mg Calcium: 186mg Iron: 4mg Folate: 138µg



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