

Recipe – Coconut Milk Soup with Lemon Grass

Ingredients:

- 8 oz bag of water packed soy noodles, or one block tofu, drained
- 2 stalks of lemon grass, peeled and coarsely chopped
- 6 cups of broth
- 1 inch piece of ginger, thinly cut into match sticks
- 1 head of broccoli, cut into bite-sized pieces
- 2 cups Chinese cabbage
- 2 TBS wheat free tamari
- 1 can organic (not Lite) coconut milk
- ½ cup fresh (Thai) basil, roughly chopped*
- Juice of one lime
- Hot sauce, as desired
- Optional: thin strips of hot chili peppers.

* You can use cilantro instead but not in addition to a basil.

Directions:

Combine lemongrass, ginger and stock in a soup pot. Heat to simmering and add vegetables and bring to a boil. Reduce the heat and allow it to simmer about 5 minutes.

Stir in coconut milk, lime juice and tamari.

Just before serving, add the soy noodles or cubes of tofu and hot sauce to taste.

Serves 6 – 8.