

Veggie Thai Curry Soup

Tre Balchowsky - Sausalito, CA

Taste of Home - Feb/Mar 2016

Servings: 6

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 ounce) reduced-sodium vegetable or chicken broth
1 tablespoon reduced-sodium soy sauce or fish sauce
1 package (14 ounce) firm tofu, cubed
1 can (8-3/4 ounce) whole baby corn, drained and cut in half
1 can (5 ounce) bamboo shoots, drained
1 1/2 cups fresh shiitake mushrooms, sliced
1/2 medium sweet red pepper, cut into thin strips
torn fresh basil leaves (for garnish)
lime wedges (for garnish)

Prepare the noodles according to package directions.

In a six-quart stockpot, heat the oil over medium heat. Add the red curry paste. Cook for 30 seconds or until aromatic. Gradually whisk in the coconut milk until blended. Stir in the vegetable broth and soy sauce. Bring to a boil.

Add the tofu and vegetables to the stockpot. Cook 3 to 5 minutes or until the vegetables are crisp-tender. Drain the noodles. Add to the soup.

Top each serving with basil. Serve with lime wedges.

Per Serving (excluding unknown items): 68 Calories; 5g Fat (63.0% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	68	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.0%	Vitamin B12 (mcg):	0mcg
		Thiamin B1 (mg):	.1mg

% Calories from Carbohydrates:	21.5%
% Calories from Protein:	15.5%
Total Fat (g):	5g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	3g
Sodium (mg):	13mg
Potassium (mg):	189mg
Calcium (mg):	38mg
Iron (mg):	trace
Zinc (mg):	1mg
Vitamin C (mg):	20mg
Vitamin A (i.u.):	572IU
Vitamin A (r.e.):	57RE

Riboflavin B2 (mg):	.2mg
Folacin (mcg):	11mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	68	Calories from Fat: 43
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% Daily Values*

Total Fat	5g	8%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	13mg	1%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	3%
Protein	3g	

Vitamin A	11%
Vitamin C	33%
Calcium	4%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.