

# Thai Curry Coconut Soup

## **Ingredients:**

1 Tbs coconut oil

2 cans coconut milk

1" piece fresh ginger, peeled and chopped fine

2 sticks lemon grass- remove outer layers to find the softer inner part at the bottom. Slice thin

2 cloves garlic, chopped

2-4 Thai peppers- seeded and chopped fine

2 tsp curry powder

1 tsp coriander powder

¼ tsp garam masala (optional)

2 tsp salt

1 packet organic firm tofu, cut into cubes

1 zucchini- cut into small cubes

1 carrot- cut into small cubes

2 tsp agave nectar

1 oz cilantro- roughly chopped

1 oz basil- roughly chopped

1 bunch green garlic- sliced thin, use all the red bottom part and most of the greens

1 avocado- peeled, pitted, and cut into slices

1 medium size tomato-diced

## **Preparation:**

In a soup pot heat about 1 Tbs coconut oil (extra virgin olive oil or other vegetable oil will work as well) add the chopped ginger, garlic, Thai peppers, and lemon grass. Heat till slightly browned, add the coconut milk, salt, curry powder, zucchini, carrot, and tofu. Stir and bring to a slight boil, reduce heat, add agave nectar, taste, and adjust salt and curry to taste. Add some vegetable broth if you want more liquid. Turn off heat. Add tomato, basil, green garlic, and cilantro. Distribute soup into bowls and place a few slices of the avocado in each bowl. Enjoy!