



Thai Coconut Vegetable Soup

4 servings

- 2 tablespoons coconut oil
- 1 onion, coarsely chopped
- 1 large shallot chopped
- 3 cloves garlic minced
- 1 Tb Thai red curry paste (optional leave out if you don't like spicy)
- 2 cups shiitake mushrooms stems removed, sliced
- 1 quart vegetable or chicken stock
- 4 cups broccoli florets, stems peeled and cut into julienne
- 1 tablespoon fresh ginger root, minced
- 1 carrot cut into cubes
- 1 cup coconut milk
- 2 tablespoons lime juice, freshly squeezed
- ¼ teaspoon Celtic sea salt
- ½ cup cilantro, chopped
- ½ red pepper, seeded and chopped for garnish (optional)

- Warm oil in a large saucepan over medium heat
- Add onion, stirring frequently until softened, about 10 minutes
- Add garlic, shallots and mushrooms and sauté for 5 minutes
- Stir in Thai chili paste (if using), mix to combine.
- Add broth, bring to a simmer
- Reduce heat to medium, add broccoli, carrots and ginger and cook until broccoli is almost tender and bright green, 3-5 minutes.
- Add coconut milk and bring to a simmer.
- Stir in lime juice, cilantro and salt. Taste to adjust seasoning.
- Ladle soup into bowls and garnish with extra cilantro and red pepper