

Real Men Eat Green | Where manliness meets greenliness.

Muay Thai Tofu Soup

This delicious soup hits all four corners of your taste buds, kind of like being kicked in the face by a seasoned mui thai fighter. Zing! You can find Thai curry paste in most Asian markets; it's simply a wicked concentrate of all the quintessential Thai flavours of dried chilli, garlic, lemon grass, galangal and keffir lime. Red Thai curry paste adds some real heat to this soup so if you're a heat-o-phobe than I'd suggest you half the amount of paste used.

You'll need:

2 tablespoons canola oil
3 cloves of minced garlic
¼ cup of red Thai curry paste
1-2 cans coconut milk
2 ½ cups of vegetable broth
1 tablespoon brown sugar
1 tablespoon of peeled, grated ginger
Juice of ½ lime
2 tablespoon soy sauce
2 cups of sliced carrots
2 cups of green beans or spinach
1 package of medium firm tofu
½ cup of fresh, coarsely chopped cilantro

- 1.** Add oil to a large pot over medium heat.
- 2.** Add garlic and let it get golden and fragrant.
- 3.** Add the paste and brown sugar, stirring constantly.
- 4.** Pour in the vegetable broth, coconut milk, lime juice, and add the ginger and soy sauce. Give 'er a stir.
- 5.** Lower the heat and let it simmer for 20 minutes.
- 6.** Add the carrot and beans. Let the soup simmer for another 10 minutes, or until the vegetables are tender.
- 7.** Add the cubed tofu.
- 8.** Top off the soup with some fresh, chopped cilantro.