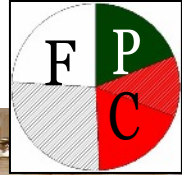


SOUPS

Red Curry

A delicious vegan soup with coconut milk.



Serves six

- 1 large (16 oz.) eggplant, sliced and cubed
- sea salt
- 21 oz. extra firm tofu, cubed
- 1 red pepper, sliced in strips
- 4 cloves garlic, minced
- 2 tbs. extra virgin olive oil
- 1 (14 oz.) can garbanzo beans, rinsed and drained
- 8 oz. frozen green peas
- 1 (28 oz.) fresh chopped tomatoes
- 1 (13.66 fl. oz.) can coconut milk
- 1 tsp. cumin
- 1.5 tbs. or to taste curry powder



1 Sprinkle sea salt over eggplant. Cover with paper towel and let sit for at least one hour to draw out bitter water.

2 In a large stock pot, heat olive oil over medium heat. Add garlic. Sauté until golden.

Caloric Density = .94

3 Add eggplant and peppers. Sauté until eggplant begins to soften and brown. Add red pepper and sauté.

4 Gently stir in tofu and garbanzo beans.

5 Add tomatoes. Mix in coconut milk until blended.

6 Add cumin and curry powder to taste.

7 Let simmer. While mixture is continuing to simmer, stir in peas.

8 Enjoy!

Nutrition Facts	
Red Curry	
Serving Size 464.3 g (464.3 g)	
Amount Per Serving	
Calories 437	Calories from Fat 206
% Daily Value for 1750 cal	
Total Fat 23.0g	40%
Saturated Fat 12g	64%
Cholesterol 0mg	0%
Sodium 229mg	10%
Total Carbohydrate 39g	20%
Dietary Fiber 8g	35%
Sugars 11g	
Protein 19g	
Vitamin A 63%	Vitamin C 177%
Calcium 20%	Iron 38%

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