THAI VEGETABLE CURRY SOUP

Ingredients:
2 tablespoons neutral cooking oil
2 cloves of garlic, minced
1 tablespoon grated fresh ginger
2 tablespoons Thai red curry paste
1 small sweet potato
1 bunch of baby bok choy
4 cups vegetable broth
13-ounce can low fat coconut milk
1/2 tablespoon fish sauce
1/2 tablespoon brown sugar
3 1/2 ounces of rice vermicelli noodles

Garnish (optional):
1/2 red onion, sliced
1 lime
Handful of cilantro
Sriracha to taste

Directions:
1. Mince the garlic and grate the ginger using a small-holed cheese grater. Peel and dice the sweet potato into one-inch cubes. Wash the bok choy, then chop into one-inch strips. Thinly slice the red onion and roughly chop the cilantro.

2. Sauté the garlic, ginger, and curry paste in oil over medium heat for 1-2 minutes.

3. Add the diced sweet potato and chopped bok choy stalks to the pot (save the leafy green ends for later) along with vegetable broth. Bring the pot to a boil over medium-high heat, then reduce the heat to low and let simmer for 5-7 minutes.

4. Add the coconut milk, fish sauce, and brown sugar to the soup. Stir, taste, and adjust the fish sauce or brown sugar if needed. Add the bok choy greens and let them wilt in the hot soup.

5. Bring a small pot of water to a boil for the vermicelli. Once boiling, add the vermicelli and boil for 2-3 minutes. Drain and set aside cooked noodles.

6. Divide the rice vermicelli among four bowls. Add soup and vegetables over the noodles and top with the garnishes.

Source:
https://www.budgetbytes.com/thai-curry-vegetable-soup/

Nutrition Information per serving:
Calories: 369, Total Fat: 10g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 629mg, Carbohydrate 62g, Fiber: 9g, Total Sugar: 11g, Added Sugar: 0g, Protein: 9g