



Red Thai Curry with Tofu Croutons

Vegan & Gluten Free

By Chef Lori Didyk-Mindorff

- 1 package tofu, diced small
 - 1.5 tbsp olive oil
 - Salt & pepper
 - Dice tofu and toss in bowl with salt & pepper. Heat oil & fry tofu, until golden brown, 5-10 minutes. Set aside to add as garnish at the end.
 - 4 tbsp coconut oil
 - 4 tbsp Red Thai curry paste
 - 2 large onions diced
 - 6 garlic cloves minced (4 tbsp minced garlic)
 - 2 zucchini, diced
 - 2 red peppers, diced
 - 6 cups vegetable stock
 - 2 cans diced tomatoes
 - 2 cans coconut milk
 - * $\frac{1}{2}$ bunch cilantro
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- Cook coconut oil and curry paste in a pot for about 1 minute. Add onions and garlic, saute for 4-5 minutes. Add zucchini & red pepper, cook for another 5 minutes.
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- Add broth, tomatoes and coconut milk. Bring to boil, then simmer for 20-25 minutes, until vegetables are cooked.
 - Add tofu croutons to the top of the soup for additional protein and garnish.
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- Season with salt & pepper.