
Thai Red Curry Coconut & Kale Soup

Description

Chef's note: You can easily make this a meal by adding your favorite protein such as cubed tofu, broccoli, mixed seafood or diced chicken.

Total time: 30 min Yield: 4 to 6 servings

Ingredients

- 1 1/2 tsp extra virgin olive oil or vegetable oil
- 1 medium onion (minced very fine or pulsed in a processor)
- 2 Tbsp Thai red curry paste
- 1 tsp ground turmeric
- 1 Tbsp granulated garlic
- 1 tsp garlic salt
- 2 Tbsp Thai or Vietnamese fish sauce
- 14 oz unsweetened coconut milk
- 14 oz diced tomatoes
- 4 cup vegetable or chicken stock
- 1 bunch fresh kale (thick spines removed, chopped)
- 2 to 3 Tbsp instant mashed potato flakes to thicken (optional)
- 2 Tbsp chives (chopped or dried)
- fresh cilantro (chopped for garnish)

Prep Time: 10 min Cooking Time: 20 min Total Time: 30 min

Instructions

Heat a large soup pot over medium heat, add the oil and sauté the onion for 2 to 3 minutes. Add the curry paste, turmeric, garlic and garlic salt; cook for an additional minute, constantly stirring to help release the essential oils in the spices. Add the fish sauce, coconut milk, diced tomatoes and stock. Bring to a gentle simmer and cook for about 10 minutes. Then add the kale, cooking just until it wilts. If the soup is thin, add instant mashed potato flakes to thicken as needed. To serve, ladle into bowls and top with chopped cilantro and chives.