

# Coconut Curry Noodle Soup

Serves 4



## Ingredients:

- 1 Tablespoon oil
- 2 medium zucchini and/or yellow zucchini, peeled into thin strips
- 2 large carrots, peeled into thin strips or grated
- 1/2 teaspoon garlic powder
- 2 Tablespoons red curry paste (or 1 teaspoon curry powder)
- 1 Tablespoon low sodium soy sauce
- 1 - 15 oz can light coconut milk
- 32 ounces low sodium chicken or veggie stock
- 2 cups water
- 6 ounces thin noodles of choice (thin rice noodles, ramen, or Capellini)
- Juice of one lime
- 1/2 bunch cilantro leaves, snipped
- 1/2 bunch scallion onion, snipped

## Instructions:

1. Heat the oil in a large soup pot over medium high heat. Sauté the zucchini and/or yellow squash and carrots for 1-2 minutes, just to soften them slightly.
2. Add the garlic powder and curry paste (or curry powder) and stir for about 30 seconds to help season the vegetables.
3. Add the soy sauce, coconut milk, stock, and water. Cover and bring the liquid to a boil, about 3-5 minutes. Once the liquid is boiling, add the noodles, reduce the heat to low, and partially cover the pot.
4. Simmer until the noodles are done (check the packaging, this could take anywhere from 2-10 minutes).
5. While the soup is simmering, use kitchen scissors to snip the cilantro and scallion onions into bite sized pieces to use as a garnish.
6. Once vegetables and noodles are tender, stir in lime juice\*. Top with cilantro and scallion onions, and serve.

\*To juice a lime (or other citrus fruit) without a knife, roll your lime on a cutting board or the counter to loosen up the membranes. Then by using a skewer, chopsticks, toothpick, or a pin (get creative!) poke a hole in the non-stem end of the lime. Squeeze out the juice, it's amazing how much comes out!