

# Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!

A close-up photograph of a bowl of Thai coconut soup. The soup has a thick, creamy, orange-brown broth. Sliced mushrooms are visible throughout the soup. The text 'VEGAN GLUTEN-FREE' is overlaid in white, uppercase letters on the top left of the image.

VEGAN  
GLUTEN-FREE

## Thai Coconut Soup

### INGREDIENTS

- 1 Tbsp. coconut oil
- 1 medium onion, sliced
- 3-4 garlic cloves, sliced
- 2.5 cm ginger piece, peeled and sliced
- 1 lemongrass stalk, pounded and cut into 2.5 cm pieces
- 1 ½ tsp. Thai red curry paste
- 4 cups vegetable broth
- 2 cans thick coconut cream
- 2 packages of mushrooms, sliced
- 1 Tbsp. coconut sugar or agave syrup
- 2 Tbsp. soya sauce
- 3 Tbsp. lime juice

Optional: 1 lb. firm tofu, cut into bite-sized cubes

### DIRECTIONS:

1. In a medium pot, melt the coconut oil over medium heat. Add the onion, garlic, ginger, lemongrass, and red curry paste. Cook about 5 minutes until onions are soft. Stir frequently.
2. Add the broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes. Stir occasionally.
3. Strain out and discard the garlic, onion, lemongrass, and ginger.
4. Add the coconut cream and mushrooms. Simmer until mushrooms are cooked. Stir occasionally.
5. If desired, add tofu with the mushrooms.
6. Add the sugar, soya sauce, and lime juice. Add more of each to taste. Cook for a few more minutes.
7. Ladle into bowls and enjoy.

From the kitchen of:  
Jenn

*This aromatic soup has quickly become one of my favourites! I love the lemongrass in the fragrant creamy broth and the mushrooms are nice and hearty. Try using different types of mushrooms. There's just enough curry paste to add flavour but it's mild enough even for me. Feel free to add more.*



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