

Coconut Ginger Stew

*Serves: 4 *Prep Time: 20 minutes *Cook Time: 30 minutes

- 1 tablespoon Ghee
- 1 small yellow onion, thinly sliced
- 1 tablespoon peeled and minced ginger
- 1 tablespoon peeled and minced fresh turmeric or 1 teaspoon ground turmeric
- 2 garlic cloves, minced
- 1 (13.5 ounce) can full-fat coconut milk
- 2 cups vegetable stock
- 1-2 tablespoons gluten free soy sauce (tamari or Bragg Liquid Aminos)
- 1 tablespoon rice vinegar
- 1 large broccoli crown, stems peeled and finely diced, florets cut into 1-inch pieces
- 1 package firm organic tofu cut into 1-inch chunks
- ½ cup loosely packed fresh cilantro leaves, roughly chopped
- A pinch crushed red pepper--optional
- 1 lime, cut into 8 wedges

In a stock pan, melt the ghee and add in the onion. Cook until softened and translucent, 3-4 minutes. Stir in the ginger, turmeric, and garlic and cook until fragrant, about 1 minute. Add in the coconut milk, vegetable stock, soy sauce, and vinegar, bring to a simmer, and cook for 10 minutes. Stir in the broccoli and cook until tender, about 5 minutes. Add in the tofu and let simmer for an additional 5 minutes. Add in a dash of red pepper. Garnish with cilantro and lime prior to serving!

A Red Hill Tip:

Keep ginger and turmeric in the freezer to always have on hand. Use your grater to get the needed amount of spice for your recipe. DO NOT MINCE FROZEN GINGER OR TURMERIC! I've done it once and would not recommend it (says she, who cut her finger)!

FOR THE SOY SENSITIVE:

Try pumfu, a pumpkin seed based "tofu" product.

Omit the soy sauce and use Bragg Coconut Aminos or sea salt to taste.

FOR THE PISCATARIAN:

Try 2 TBSP of fish sauce instead of tamari/soy sauce.

Omit the tofu and add 1 pound of skinless whitefish fillets cut into 1-inch chunks and then cooked in broth.

This cozy soup is adapted from a soup in Dr. Mark Hyman's "EAT FAT, GET THIN" cookbook. It will become a family favorite and can be adapted for specialized diets!