

## Sambal Oelek

**8 servings****10 minutes**

### Ingredients

30 Thai Chili (stems removed, chopped)

1 tbsp Rice Vinegar

1 tsp Sea Salt

1 Garlic (clove, optional)

1 tsp Lime Juice (optional)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 68   |
| Fat                | 1g   |
| Carbs              | 15g  |
| Fiber              | 3g   |
| Protein            | 3g   |
| Calcium            | 24mg |

### Directions

- 1 Add the chilis, vinegar, salt, garlic, and lime juice to a food processor or blender. Pulse or blend until a course paste forms. Enjoy!

### Notes

**Leftovers:** Store in a sealed container in the fridge until needed and for up to one week or divide into portions and freeze for up to three months.

**Serving Size:** One serving is approximately one tablespoon.

**No Thai Chili:** Use cayenne peppers, red serranos, or red jalapeno peppers.

**How to Use:** Use sambal oelek with noodle dishes, curries, stir-fry dishes, or as a condiment to any dish you want to make spicy.

## Veggie Tom Yum & Green Curry Soup

**4 servings****30 minutes**

### Ingredients

6 cups Vegetable Broth (divided)  
1 Yellow Onion (small, thinly sliced)  
1 1/2 tbsps Ginger (fresh, grated)  
2 cups Shiitake Mushrooms (sliced)  
4 Garlic (clove, minced)  
1 tsp Chili Flakes  
3 tbsps Green Curry Paste  
1/2 cup Canned Coconut Milk  
1/4 cup Lime Juice  
2 cups Diced Tomatoes (from the can, drained)  
2 tbsps Tamari  
1/4 cup Cilantro (chopped)

### Nutrition

| Amount per serving |      |
|--------------------|------|
| Calories           | 181  |
| Fat                | 7g   |
| Carbs              | 26g  |
| Fiber              | 4g   |
| Protein            | 5g   |
| Calcium            | 54mg |

### Directions

- 1 Heat a splash of broth in a large pot. Add the onion, ginger, mushrooms, garlic, and chili flakes for five to seven minutes or until tender.  
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- 2 Stir in the curry paste and cook for one more minute.  
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- 3 Add the remaining broth, coconut milk, lime juice, tomatoes, and tamari. Simmer for 10 to 15 minutes to warm through and thicken the soup.  
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- 4 Divide evenly between bowls. Top with cilantro and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is approximately two cups.

**More Flavor:** Add tofu, bean sprouts, napa cabbage, and/or cooked protein of choice. Use red hot chili peppers instead of chili flakes.

**Additional Toppings:** Green onions.