



Coconut Chicken Soup

Ingredients

- 4 cups chicken broth
- 1 lb boneless, skinless chicken breasts
- 1 can full fat coconut milk
- 8 slices of fresh ginger
- 1 TBSP red curry paste
- 2 TBSP brown sugar
- ½ sweet onion, thinly sliced
- ½ lb mushrooms, thinly sliced
- 5 TBSP fish sauce
- ⅓ cup fresh basil leaves
- ½ cup lime juice

Directions:

1. In a large pot over medium heat, combine chicken broth, coconut milk, ginger, curry paste, sugar, and onion; Bring to a boil
2. Add chicken, mushrooms, and fish sauce; Reduce heat to medium low; Simmer for about 5 minutes
3. Add lime juice and basil; Simmer an additional 3 minutes
4. Serve over white rice; Enjoy!

Equipment

Large pot

Cost: \$\$\$ Ease: 

Health Benefit: Chicken is a great source of lean protein. Ginger, onion, basil, and curry reduce inflammation and promote overall health. Mushrooms are rich in vitamins and minerals.