

Recipe posted on gingerfriesen.com, January 2017

Thai Coconut Chicken Soup

Adapted from The America's Test Kitchen Family Cookbook

Ingredients:

- 1 Tbsp olive oil
- 2 Tbsp finely chopped ginger
- 4-6 tsp Thai Kitchen red curry paste (I use 1.5T, which equals 4.5 teaspoons, simply because I have a 1.5T measuring spoon.)
- 3 Tbsp Red Boat fish sauce (I buy this and the red curry paste above from Vitacost.)
- 6 cups chicken or veggie broth (I use Celefibr bouillon cubes which I buy from Amazon.)
- 1-2 lb boneless, skinless chicken breasts, trimmed and chopped into 1-inch pieces (See notes below.)
- Veggies of your choice (See notes below.)
- 2 (14 oz) cans full fat coconut milk (I use the Whole Foods 365 brand.)
- 3 Tbsp fresh lime juice
- Fresh cilantro leaves for garnish

Instructions:

1. Heat the oil in a large soup pot over medium heat until simmering.
2. Stir in the ginger and curry paste and cook for 1 minute.
3. Add 1/2 cup of the broth and stir until the curry paste dissolves.
4. Stir in the remaining broth and fish sauce and bring to a simmer.
5. Add any longer-cooking vegetables (such as cubed sweet potatoes and chopped kale) to your soup base.
6. Simmer until the longer-cooking vegetables are nearly cooked (about 20 minutes).
7. Add the coconut milk, any shorter-cooking vegetables (such as zucchini and mushrooms) and the chopped chicken.
8. Cook for about 5 more minutes, or until the chicken is cooked.
9. Stir in the lime juice and season with salt (if needed).
10. Sprinkle bowls with cilantro before serving, or omit cilantro.

Notes:

*The original recipe calls for only 1 lb of chicken breasts, but I have found this amount not to be enough chicken in the soup to go around for everyone, especially since Sailor and Story mostly just eat the chicken and sweet potatoes. So I have started adding more chicken (up to 4 chicken breasts, chopped). In case you're wondering, I buy the big tri-packs of organic chicken breasts from Costco.

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*As far as the veggies, I am a big fan of veggies so I always err on the side of *plenty and more*. I basically pick the chicken out of my bowl to give more to the kids and I eat two bowls of veggies and broth, which means I want there to be lots of veggies in that pot. What a perfect vegetarian and non-vegetarian meal in one!

*To make a large batch of soup (like two nights' worth for a family of six), I use:

- 8 medium sweet potatoes (10 cups chopped)
- half a 12-oz bag of chopped kale (but don't use baby kale because it won't hold up well in the soup)
- 2 medium zucchini, thinly sliced
- 8-oz container of mushrooms, sliced I do not increase the amount of oil, ginger, curry paste, fish sauce, or lime juice.

*I do add an extra 2 cups of broth to be sure there is enough soup base to cook all the veggies I put in. If you use less veggies, you could certainly stick with only 6 cups of broth.