

ANTI-INFLAMMATORY TURMERIC CHICKEN SOUP

INGREDIENTS:

¼ cup olive oil
1 medium onion, diced
1 large leek, white and light green parts only, halved lengthwise, thinly sliced
3 large carrots, thinly sliced
3 stalks of celery, thinly sliced
3 cloves garlic, chopped
1 teaspoon of turmeric
1 teaspoon poultry seasoning
6 cups of chicken broth
1-13.5-ounce can coconut milk
1 ¼ pounds boneless skinless chicken thighs or breasts
1-10-ounce bag frozen peas (optional)
¼ cup chopped fresh parsley
1 teaspoon kosher salt, or to taste
½ teaspoon black pepper

DIRECTIONS:

Heat olive oil in a large soup pot over medium heat.
Add onions, leeks, carrots, celery, and 1 teaspoon kosher salt; saute' for 14-16 minutes until leeks are soft.
Add garlic, turmeric, and poultry seasoning; continue sauteing for 2 to 3 minutes.
Add chicken broth, coconut milk, and raw chicken.
Ensure chicken is submerged, partially cover, and simmer for 15-20 minutes until chicken is cooked.
Remove chicken, shred it, then return to pot with peas (if using), and add parsley.
Simmer until peas are bright green.
Season with salt and pepper, garnish with parsley, and serve.

Prep time: 20 minutes

Cooking Time: 40 minutes

Total Time: 60 minutes

Kcal: 350 per serving

Servings: 4