

Angie Bloom

Healthy Thai Chicken Soup

INGREDIENTS:

- 2 Tbsp. garlic oil
- 2 cups rotisserie chicken (you could also use ground turkey, which I also love)
- 1 tsp kosher salt
- black pepper to taste
- 2 T ginger, fresh grated
- 2 T peanut butter
- 1 T Honey (I prefer clover)
- 5 medium carrots, cut into quarters
- 1 cup bean sprouts
- 1 cup sliced red pepper
- 1 cup green beans, chopped
- 1 T fish sauce
- 2 T lime juice
- 1 T red curry paste
- 4 cups chicken stock
- 4 cups baby spinach
- 1 can coconut milk
- Scallion to garnish (you could also add basil or cilantro here which would be delicious) I typically use what I have on hand to use up. You could also add rice to the bowl prior to serving which I also love!

Instructions:

1. Set a large sauce pot over medium heat. Add the garlic oil (you could also use garlic cloves and 1T olive oil), chopped carrots. Sauté for 5-6 minutes to soften, add red pepper, sauté for 3 minutes. Then add the coconut milk, ginger, fish sauce, peanut butter, red curry paste, honey, chicken stock, lime juice and bring to a boil. Add in the bean sprouts and baby spinach and simmer for an additional 3 minutes.
2. Continue to simmer, taste, then salt and pepper as needed. Serve warm with a generous amount of diced avocado and green onions on top!