

Natural Grocers Thai Coconut Soup with Chicken

[Gluten Free](#) | [Nut Free](#) | [Legume Free](#) | [Dairy Free](#) | [Grain Free Diet](#) | [Egg Free](#)
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● DESCRIPTION

With simple easy-to-find ingredients and made in one pot, this creamy, slightly sweet and sour Thai Coconut Soup with chicken comes together fast and is sure to please at dinner this week. Not to mention, it also packs a punch of immune supporting ingredients like ginger and coconut milk. Ginger possesses numerous phytonutrients that modulate inflammatory compounds, supporting a healthy immune system response, while coconut milk contains lauric acid - a compound that supports healthy microbial balance and strong, robust immunity.

SERVES

4 as a main dish or 6 as a side

TOTAL TIME

[30 minutes](#)

● INGREDIENTS

2 (13.5-ounce) cans Natural Grocers Organic Original Coconut Milk

1 cup organic chicken broth

2 1/2 tablespoons red curry paste, such as Thai Kitchen

1-inch knob of organic ginger, very thinly sliced

Pinch or two of Natural Grocers Brand Bulk Organic Red Chili Flakes, optional if you want it spicy

1 pound Mary's Boneless Skinless Chicken Thighs
1 medium organic white or yellow onion
1 1/2 cups organic white button mushrooms
1 medium organic red bell pepper
2 tablespoons fish sauce
1 tablespoon Natural Grocers Brand Bulk Organic Coconut Sugar
2 medium organic tomatoes
2 organic limes
1/2 cup organic cilantro leaves

● DIRECTIONS

- 1 Combine coconut milk, broth, curry paste, ginger, and chili flakes in a soup pot and bring to a boil.
- 2 While the base comes to boil, cut chicken into bite-sized pieces and add to the pot. Adjust heat to maintain a gentle boil.
- 3 Peel the onion and trim both ends off; cut in half vertically. Cut each half in half crosswise and then cut into 1/4-inch slices. Add to the pot.
- 4 Trim the stems off the mushrooms and slice into 1/4-inch thick slices. Add to the pot.
- 5 Destem and seed the red pepper, cut into 1/2-inch dice and add to the soup. Adjust heat to maintain a gentle boil and cook for 5 minutes, stirring occasionally.
- 6 While the soup cooks, dice the tomato. Roll the limes on the counter, pressing firmly to loosen up the juice, and then cut them in half, and roughly chop the cilantro leaves.
- 7 Once the soup has simmered for 5 minutes, add the fish sauce and sugar. Stir well and simmer an additional 2-3 minutes, or until chicken is cooked through.
- 8 Remove the soup from the heat, add the diced tomatoes and squeeze the juice from the limes into the pot. Stir well, ladle into serving bowls, and garnish with the cilantro.

Note: The ginger slices are soft and mild to eat, but you can fish them out of the soup before serving if you want, or recommend your guests just leave them in the bottom of their bowl.

Beer and Wine Pairings

Recommended Beer Style: Pastry Stout

Ghostfish Watchstander Stout

Recommended Grape Variety: Gewurtztraminer

Alexander Valley Gewurtztraminer

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