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> Recipes > Chicken-Coconut Soup



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Chicken-Coconut Soup

Traveling all the way from Germany, this Thai recipe began as a less-than-lean meal from Mom. Our inventive Clean Eating reader decided to take a stab at cleaning it up herself.

By Sandra Schlafer | Photo: Gibson & Smith

Recipe

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Serves: 4
Hands-on time:
Total time: 30 minutes

CATEGORY:
Under 45 Minutes

User Rating:



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Sandra Schlafer
Denver, Colorado

INGREDIENTS:

- 2 tbsp extra-virgin olive oil
- 1 clove garlic, minced
- 1 medium onion, chopped
- 1 cup carrots, scrubbed and chopped into approximately 1/2-inch pieces
- 1 cup small white or red potatoes, scrubbed and chopped into approximately 1/2-inch pieces
- Sea salt and ground black pepper, to taste
- 1 1/2 cups low-sodium chicken broth
- 1/2 cup light coconut milk
- 1/2 cup skim milk
- 2 boneless, skinless chicken breasts (4 oz each)
- 1/2 cup snow peas, cleaned and cut lengthwise
- 1 tsp red chile pepper flakes (or to taste)
- 1 to 2 tsp fresh lemon juice
- 4 tbsp cilantro, coarsely chopped

"I like the way eating clean makes me feel, and I have seen great changes in my body. I decided to 'lighten it up' and adjusted the recipe so it would fit into my diet. The soup is still very comforting. My favorite cuisine is Thai, so I love the mix of spice and slight sweetness here."

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INSTRUCTIONS:

1. Heat oil in a pot over medium. Add garlic, onion, carrots and potatoes. Season with salt and pepper and sauté until onions are lightly translucent.
2. Add broth and coconut and skim milks. Bring to a light boil.
3. Add chicken, cover and let simmer for 12 minutes over medium-low to medium heat.
4. Remove chicken and set aside. Add peas and chile flakes to soup. Simmer for 2 to 3 minutes.
5. When cool enough to handle, slice chicken and add pieces back to the soup.
6. Season with additional salt and pepper, if desired. Add lemon juice, sprinkle in cilantro and serve.

Nutrients per 1 1/2-cup serving: Calories: 250, Total Fat: 12 g, Sat. Fat: 4.5 g, Carbs: 18 g, Fiber: 3 g, Sugars: 6 g, Protein: 16 g, Sodium: 150 mg, Cholesterol: 30 mg

KEYWORDS: appetizer, chicken, lunch, entree, potato, Winter, coconut

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