Thai Coconut Chicken Soup

Sweet, sour, savory and a little spicy

Preparation Time: 20 minutes

Stew: 6 servings, 11/2 cups each

Ingredients

- 1 pound chicken breast, cut into thin strips
- 1 red bell pepper, sliced into strips
- 8oz box sliced mushrooms
- 2 garlic cloves, minced
- 1 inch ginger, grated or minced
- 1 can coconut milk (14oz)
- 1 cup chicken broth (reduced sodium)
- 2 tablespoons lime juice
- 2 tablespoons red or green Thai curry paste (use more for extra spiciness)
- 1/2 cup basil leaves, cut into strips

Directions

1. Place mushrooms, ginger, garlic, chicken broth, coconut milk and Thai curry paste in a medium soup pot and bring to a boil. When the mushrooms soften, add bell pepper and chicken.
2. Simmer for a few minutes until chicken is opaque and bell pepper is tender-crisp. Stir in lime juice and basil.

WATCH, TASTE, LEARN Healthy Cooking Class

Elizabeth Caruthers, RDN, CDCES Nutrition and Diabetes Program Coordinator

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Community Health & Wellness

Our Family – Taking Care of Yours

Nutrition

11/2 cup serving

- Calories 230, Carbs 7g, Added sugar 0g, Fiber 1g,
- Fat 15g, Protein 18g, Sodium 431mg, Potassium 195mg

Tips

Find Thai curry paste in the Asian section of the grocery store. Find fresh basil in the produce section near fresh tomatoes.

Elizabeth Caruthers, RDN, CDCES

Registered Dietitian-Nutritionist

Certified Diabetes Education Specialist

Looking for support?

A registered dietitian-nutritionist and diabetes educator can help you build a foundation of better health. Services at Community Health and Wellness are covered by HUSKY, Medicare, private insurance, and financial assistance.

Nutrition Counseling

- Nutritional assessment and individualized guidance based on your health conditions and laboratory results.

Diabetes Prevention Program

- Weekly groups led by a registered dietitian-nutritionist with peer support to keep you motivated.

Diabetes Education Program

- Individual appointments to help you gain the knowledge, skills and confidence to manage your diabetes well.

Watch, Taste, Learn

- Healthy cooking classes, recipe demonstrations and tastings.

Want to learn more?

Contact Elizabeth Caruthers, Nutrition and Diabetes Program Coordinator at 860-489-0931 x1110 or ecaruthers@chwctorr.org.