



DINNER for
One or more

Thai CHICKEN SOUP

3 Frozen Chicken Breasts, boiled in 4 quarts of water.
4 Medium Carrots, chopped
3 Stalks of Celery, chopped
3 Garlic Cloves, minced
½ Red Onion, chopped
4 Mushrooms, quartered
1 Medium Sweet Potato, peeled and cut into cubes
1 Handful of Baby Kale
2 Cans low-fat Coconut Milk

2 Tbsp. Olive Oil
5 - 6 Drops Lemongrass Vitality™ Oil
1 Tsp. Salt • ½ Tsp. Pepper
3 Bay Leaves
¼ Tsp. Garlic Salt
¼ Tsp. Ground Turmeric
¼ Tsp. Cumin
¼ Tsp. Dried Thyme
¼ Tsp. Ground Ginger
¼ Tsp. Dried Thai Sweet Basil

Boil the chicken breasts in 4 quarts of water until cooked through and water is boiled down to 3 quarts. Remove the chicken and set both water and chicken aside to cool. Once cool, shred the chicken. Place carrots, celery, onion, garlic and olive oil in a dutch oven. Cook on medium heat until the onions become transparent. Add all herbs and spices and stir for 2-3 minutes. Add sweet potato, mushrooms, cook for 2-3 minutes, stirring occasionally. Add both cans of coconut milk and stir on medium heat until it begins to bubble. Place a strainer over your pot and pour in the leftover broth from the boiled chicken, straining the broth. Add the shredded chicken and 5 - 6 drops of Lemongrass Vitality™ Oil. Stir on high heat until the soup comes to a boil. Add baby kale, stir, and turn down to simmer until sweet potatoes are cooked through. Serve hot and enjoy!

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