

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## Chicken Coconut Soup

Serves 4

### *Ingredients:*

- 3 Chicken Breasts (Boneless, no skin), thinly sliced or chunks
- 2 tsp Red Curry Paste (less or more depending on how spicy you enjoy your food)
- 1 can Coconut Milk (check ingredients for no added preservatives)
- 3 cups Vegetable stock (no sodium)
- 1 large Carrot, thickly sliced
- 2 Green Onion, chopped
- 1 Red Onion, chopped
- 5 Cremini Mushroom, sliced
- 1/2 cup Peas
- 1 tbsp Tamari Sauce
- 1/2 tbsp Lime or Lemon Juice
- 2 tbsps Fresh Cilantro, chopped

### *Directions:*

1. Saute sliced chicken breast in about 1/4 cup of coconut milk until browned.
2. Add curry paste to chicken and stir until blended.
3. Add vegetables, coconut milk, vegetable stock, tamari sauce and lime juice. Stir and cook on medium for about 20 minutes.
4. Add cilantro, stir and serve.

### *Note:*

- To make this as vegetarian dish, use chickpeas instead of chicken.
- If you don't have vegetable stock on hand, use brewed ginger or fennel tea.
- For a complete meal, serve with brown rice or rice noodles and a salad on the side.