

Chicken and Rice Soup

Ingredients

- 2 tablespoons olive oil
- 3 cloves garlic, thinly sliced
- 2-inch knob fresh ginger, peeled and thinly sliced
- 1 shallot, peeled and thinly sliced
- 1 1/2 lbs. boneless skinless chicken thighs
- 1 teaspoon salt
- 1 teaspoon turmeric
- 3-4 cups fresh baby spinach or kale
- 1 cup jasmine rice (may switch to quinoa or couscous)
- 6-8 cups low sodium chicken stock
- juice of 4 limes (about 1/4 cup, plus more to taste)
- a splash of soy sauce or fish sauce (optional)
- fresh herbs for topping (mint, basil, cilantro)
- Optional: crushed nuts for topping (peanuts or cashews)



Instructions

1. Heat olive oil in a large soup pot over medium heat. Add garlic, ginger, and shallots. Sauté for about 4 minutes or until aromatic.
2. Add the chicken thighs. Sprinkle with 1/2 teaspoon salt and turmeric. Cook, undisturbed, for a few minutes. (Add 1/4 cup water to the pan to create a little steam bath if it's getting too browned on the bottom.) Flip and repeat until cooked through. Remove chicken and set aside.



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3. Add spinach and 1/2 teaspoon salt to the pan. Sauté for 2-3 minutes until wilted. Remove spinach and set aside.
4. Add rice to the pan. Sauté for 1-2 minutes so it picks up all the good pan flavors. Add 6 cups broth and bring to a simmer.
5. While the rice is cooking, shred the chicken.
6. When the rice is soft, add chicken and spinach back to the pan. Season with lime juice, soy sauce / fish sauce, and fresh herbs. Add extra broth for desired consistency

Nutrition

332 calories, 11 gm fat, 28.5 g carb (1.5 g sugar, 1 g fiber) 28 g protein, 500 mg sodium

Adapted from Pinch of Yum

<https://pinchofyum.com/healing-chicken-and-rice-soup#cls-video-container-tDJBe9aT>



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