

healing roots chicken soup

Makes 6 servings

PREP TIME: 10 minutes

COOK TIME: 25-30 minutes

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- 2-3 lemongrass stalks (optional)
 - 1 Tbsp sesame or avocado oil
 - 1 Tbsp minced ginger
 - 2 cloves garlic, minced
 - 1 cup shredded carrots
 - 5 oz shiitake mushrooms
 - ¼ tsp salt
 - 6-8 cups chicken stock
 - 1 Tbsp soy sauce or coconut aminos
 - 1½ lbs chicken breasts or tenders, thinly sliced
 - 3 heads baby bok choy, chopped
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Optional Garnishes: freshly squeezed lime juice, sliced green onion, chopped cilantro

PREPARE lemongrass, if using. Remove tough outer leaves until you reach the softer, pale yellow center. Trim off the hard, woody root end and green, grassy top. Use the flat side of a knife or a meat mallet to lightly smash the stalk. Set aside.

HEAT oil in a large pot or Dutch oven. Add garlic and ginger and cook for about 1 minute.

ADD carrots, mushrooms and salt and cook until slightly soft, about 2-3 minutes.

ADD chicken stock, soy sauce and lemongrass.

BRING to a boil. Add thinly sliced chicken and bok choy, return to a boil and let simmer until chicken is cooked through, 5-10 minutes depending on thickness.

REMOVE and discard lemongrass stalks.

SERVE as is or over cooked noodles of choice.

GARNISH with lime juice, green onion and/or cilantro, if desired.

