

Coconut-Lime Turkey (or Chicken) and Rice Soup

Adapted slightly from Kalyn's Kitchen blog, and she adapted it from *The Sunset Cookbook*, 11/2011

Internet Address:



- 3 cups chicken stock
- 3 tablespoons lime juice, fresh-squeezed
- 5 thin slices fresh ginger root (5 to 6)
- 2 medium garlic cloves, sliced in half
- 1 1/2 tablespoons soy sauce
- 1 1/2 tablespoons brown sugar, or Splenda
- 12 ounces light coconut milk
- 2 cups diced turkey, or chicken
- 1/2 teaspoon green Tabasco sauce (or more) or use a diced fresh chile if you really like it spicy (or other hot sauce of your choice)
- 1 1/2 cups cooked rice
- 3/4 cup frozen peas, or use Trader Joe's "Minted Peas"
- 1/2 cup chopped cilantro, or use 1/4 cup chopped basil, Thai basil, or sliced green onions

Chicken/Poultry, Soups

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 3

I didn't try this, but I think some sugar snap peas and/or some Chinese pea pods (chopped) would be nice additions to this soup. I used Sriracha sauce in lieu of the green Tabasco - you don't use very much so it doesn't color the soup at all.

1. Slice 5-6 thin slices of ginger root. Peel 2 medium garlic cloves and slice in half. Put chicken stock into a heavy soup pot and start to simmer, then add ginger root slices, garlic cloves, lime juice, soy sauce, and Splenda or brown sugar. Let simmer on low for about 20 minutes, or until flavors are well blended.
2. While the soup base simmers, shred the leftover turkey (or chicken) into bite-sized pieces until you have 2 cups. After 20 minutes add diced chicken, light coconut milk, and green Tabasco sauce (or other hot sauce or diced chile) to the soup and let it continue to simmer on low about 6 minutes more. Be sure the heat is low enough that the soup won't boil after the coconut milk has been added.
3. After 6 minutes add the cooked brown rice and peas and let it simmer for a couple of minutes while you wash and chop the cilantro (or other herbs of your choice.) Add chopped herbs or green onions and simmer for 1-2 minutes more. Serve hot, with sliced limes to squeeze into the soup if desired.

Per Serving (excluding unknown items): 441 Calories; 13g Fat (27.1% calories from fat); 29g Protein; 50g Carbohydrate; 3g Dietary Fiber; 59mg Cholesterol; 3163mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.