

## Ginger and Lemongrass Chicken Soup

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

### Ingredients:

#### For the broth

- 2 bone-in chicken breasts (about 2 pounds total)
- 8 cups water
- 1 large onion, chopped
- 3 stalks celery, chopped
- 1 large carrot, chopped
- 1 whole head garlic, cut in half cross-wise
- ¼ to ½ cup fresh ginger, finely chopped (more if desired)
- 2 to 3 Thai chilies, chopped or 1 teaspoon crushed red chili flakes
- 2 cups shiitake mushrooms, chopped
- 1 stalk fresh lemongrass, chopped
- 1 bunch cilantro stems
- 1 teaspoon whole black peppercorns
- 2 teaspoons salt

#### For the soup

- 1 medium onion, sliced
- 3 carrots cut into matchsticks
- 3 to 4 stalks celery, sliced on the bias
- 2 to 3 cups sliced shiitake mushrooms
- Cooked chicken, pulled from the bone and chopped
- Sea salt and freshly ground black pepper to taste
- Optional Garnishes:* rice noodles, chopped fresh basil, chopped Napa cabbage, fresh cilantro, chopped Thai green chilies, lime wedges

### Method of Preparation:

1. To make the broth, place all ingredients for broth into a 6-quart pot. Cover and bring to a boil, reduce heat to medium-low and simmer for 1 ½-2 hours. Strain broth into a large bowl or another pot using a colander.
2. Place chicken breasts onto a plate to cool. Pour the broth back into the pot. Once chicken is cool to the touch, remove the skin, pull the meat from the bone and chop the chicken into bite-sized pieces.
3. Place all of the veggies for the soup (onion, carrot, celery, and shiitake mushrooms) into the pot with the broth. Cover and simmer for about 15-20 minutes.
4. Add the chicken. Season with salt and pepper to taste. Simmer a minute or two more or until vegetables are cooked to your liking. Ladle soup into bowls and serve alone or with optional garnishes.



### Nutritional Analysis:

Calories: 577  
Carbohydrates: 94 g  
Sodium: 787 mg  
Protein: 37 g  
Fat: 6 g  
Fiber: 3 g