

Episode: Healthy Soups

TOM KHA GAI SOUP

Ingredients:

- 1 tbsp. coconut oil
- 1 tbsp. ginger
- 1 tsp. garlic minced
- 1 tbsp. red curry paste
- 1 can 15 oz. straw mushrooms or 1 cup any fresh mushrooms
- 8 oz. snap peas (strings removed) and cut into bite sizes pieces
- ½ cup diced onions
- 2 cups chicken (or vegetable) broth
- 13.5ounce can organic coconut milk
- 2/3 cups diced, cooked chicken (omit if vegetarian)
- fresh basil

Directions:

Put oil in a pot and cook on med/high heat until oil melts. Add ginger and garlic. Add red curry paste and stir well. Add mushrooms, snap pea, onions, broth and coconut milk. Cover and cook for 5 min. Add cooked chicken and cook an additional 5 min. If you are using raw chicken cut into small pieces and add just after the garlic and cook throughout before adding curry. Garnish with fresh basil.

Serves: 4 - 6