

Chicken Coconut Curry Vegetable Soup

Jennifer Whitney

Serves: 4-6

Prep time: 30 minutes

Ingredients

2 Quarts organic chicken broth or homemade chicken bone marrow broth

1 can organic coconut milk (unsweetened)

3 Tablespoons curry powder

3 Tablespoon ghee or coconut oil

1/2 Onion (diced)

3 Carrots (cubed into small pieces)

1/3 Butternut squash (de-seeded, skinned and cubed)

1/2 Whole cauliflower (cubed into small pieces)

1 to 2 Chicken breasts (shredded or cubed)

3 to 4 Limes

1 bunch Green onions

1 bunch Cilantro

2 teaspoons Sea salt (or to taste)

Directions

Heat the oil over medium heat. Saute onions and carrots for 5 to 10 minutes. Add the chicken broth, coconut milk, curry powder, juice of one lime and sea salt. Bring to a boil, add butternut squash and cauliflower. Simmer for 30 minutes, add chicken and cook another 30 minutes.

Serve in a bowl over cooked balsamic rice with chopped cilantro, chopped green onions and fresh squeezed lime juice.

Enjoy!

Balsamic Rice

25 minutes

1 cup Balsamic rice

2 cups water

1 pinch of salt

1teaspoon oil (Ghee, Butter or Coconut oil)

1 bay leaf

Directions

Rinse the rice in a fine mesh strainer. Put the water, salt, Ghee and bay leaf in a pan. Bring to a boil. Add the rice and cover the pan tightly with a lid. Bring to a second boil. Turn down to low and cook 20 to 30 minutes. If you don't have a pan with a tight fitting lid, you can wrap the lid with a towel and then cover the pan. The towel will block the steam from coming escaping. This method creates a rice cooker effect.