

Thai Chicken Soup

Servings: 4

Source: Seattle Times, Oct 3, 2004

Ingredients

- 4 Cloves Garlic
- 1 2 Fresh Ginger
- 2 Vegetable Oil
- 1 small Onion, Peeled And Thinly Sliced
- 1 medium Red Bell Peppers, Seeded And Sliced
- 1 medium Carrot, Peeled And Sliced
- 1 ounce Boneless Chicken Breasts, Thinly Sliced
- 1 can Chicken Broth
- 1 can Coconut Milk
- 4 Bok Choy Heads, Sliced
- Fresh Cilantro For Garnish
- 1 teaspoon Crushed Red Chilies
- Salt To Taste

Method

1. Rub the garlic and ginger through a very fine grater or put them in the blender with a couple of tablespoons of water and puree until smooth. Put the vegetable oil in a heavy-bottomed pot over medium-high heat and saute the ginger and garlic for one minute or until the aroma fills the air.
2. Add the onion, pepper and carrot and saute one minute longer. Add the chicken and cook 5 minutes, turning the chicken pieces three or four times as they begin to brown.
3. Pour in the chicken broth and coconut milk and bring the soup to a boil. Add the baby bok choy and cook 2 minutes, or until the bok choy is tender. Transfer soup to serving bowls and top with cilantro leaves and crushed red chilies. Serve at once.

Notes

Chicken doesn't seem to brown when put in with veggies. If you want that, saute separately, then add.