

Recipe:

CHICKEN & RICE NOODLE SOUP

Date:



Total Yield	Diet Type
5-6 Servings	<input checked="" type="checkbox"/> GENERAL <input type="checkbox"/> GLUTEN-FREE <input type="checkbox"/> VEGAN <input type="checkbox"/> KETO <input type="checkbox"/> OTHER -

Ingredients

Chicken breast - 3-4 pcs.,
cut into quarters

Preparations & Cooking

1. In a soup pan, add the oil, garlic, and ginger until slightly brown. Add the chicken and saute everything until the chicken chunks have turned color from pink to white.

EVO/Sesame oil - 3 Tbsp.

Garlic cloves - 3 minced

Ginger root - 3 Tbsp,
peeled and sliced

vegetable /Chicken broth -
4 cups

Water - 2 cups

Sayote - 1 pcs. Peeled, cut
lengthwise (OPTIONAL)

Rice noodles - 2-3 cups,
uncooked

Spinach - 2 cups, fresh

Turmeric powder - 1 Tbsp.

Salt and Pepper - to taste

2. Add the vegetable soup and water. Let it simmer for 10 minutes on medium heat.

3. Add the sayote, rice noodles, turmeric, salt, and pepper in the soup.

4. Continue to simmer until the sayote is tender and the rice noodles are soft.

5. Adjust the taste by adding salt and pepper, if needed.

6. Add the spinach and turn off the heat. Let the spinach cook in the residual heat.

7. Served best with warm rice or crackers.

Total Cost:

Prep Time:

Cook Time:

15 minutes

15 minutes