

THE GOODS

64 ounces of chicken bone broth (homemade or store bought)
2 pounds organic chicken thighs
1 can of coconut milk (full fat)
2 tbsp coconut oil
1 yellow onion diced
4 carrots rough chopped
4 stalks celery rough chopped
1 inch fresh ginger (grated)
3 cups mushrooms (any variety will do)
4 heads baby bok choy
3 tbsp tamari (add more to taste if needed)
4 tbsp sea salt (add more to taste if needed)
Dash of black pepper
Scallions (for garnish)
1 cup chopped cilantro (for garnish)
Sriracha or chili paste (optional) to taste
Squeeze of lime to taste
Rice noodles (optional and cooked separately)



THE METHOD:

Start by sautéing the onion in the coconut oil until aromatic and translucent. Next, add in the chopped carrots and celery. Sauté for 2-3 minutes. Pour in broth, and begin to heat to a gentle boil. Add in the chicken thighs whole (will chop later) along with a hearty dose of salt. Simmer for 15 minutes. Add in ginger, mushrooms, bok choy stems (saving the green tops for later). Once the chicken is cooked through, taste the broth to check saltiness. Add in tamari, more salt if needed and leave to simmer for about 30 min. Once the soup is well cooked, add in the coconut milk. Now that the chicken is well cooked, use tongs to pull into bite sized pieces or chop on a cutting board. Once chopped, add them back in. If you desire rice noodles, you can begin to cook those separately as if you cook them in the soup, the broth consistency will change and the noodles will become mushy if you have leftovers.

To serve, enjoy a bowl of this delicious soup topped with cilantro and scallions, and more spice (red pepper flakes, Sriracha, or red chili paste) if you like. Twirl the (optional) rice noodles on top. If you have other vegetables in your fridge drawer, feel free to add them into this recipe, as any vegetable will taste great in here. Enjoy this incredibly warming and immune boosting soup for any meal and take in the whole body nourishment with every bite.