

The rich taste and aroma of this easy Coconut Chicken Soup will warm your belly and soul! Loaded with vegetables and lean chicken breast, this dish will keep you full and satisfied for hours.

INGREDIENTS

- 1 pounds boneless skinless chicken breast thinly sliced
- salt and pepper to taste
- 1 tablespoon coconut oil or vegetable oil
- 1 yellow onion, small thinly sliced into half moons
- 2 garlic cloves minced
- 1 inch piece ginger peeled and minced
- 1 zucchini, medium diced (cut zucchini into quarters lengthwise, then cut crosswise into cubes)
- 1 cup pumpkin diced into ½-inch cubes (approximately ¾ pounds)
- 1 red bell pepper seeds removed and thinly sliced
- 1 jalapeño pepper or chili pepper, small seeds removed and thinly sliced
- 14 ounces light coconut milk
- 2 cups chicken broth
- Juice of 1 lime
- Handful cilantro leaves (optional)



INSTRUCTIONS

1. Season the sliced chicken breast generously with salt and pepper.
2. In a large stock pot (6-quart pot), heat the coconut oil over high heat. Add the chicken breast and sauté for 4-5 minutes, or until the chicken is no longer pink on the outside.
3. Add the sliced onion, minced garlic, and minced ginger and stir to combine. Continue to sauté for another 2-3 minutes or until the onion has softened.
4. Stir in diced zucchini and cubed pumpkin.
5. Add the sliced bell pepper, sliced chili or jalapeño pepper, coconut milk, chicken broth, and lime juice. Give everything another good stir.
6. Bring coconut soup to a boil, then lower the heat, cover, and allow to simmer for about 20 minutes, or until the pumpkin is fully cooked.
7. Remove from heat and season with additional salt and pepper, if desired. Garnish with cilantro leaves to serve.

Nutrition Facts

Coconut Chicken Soup

Amount Per Serving

Calories 191Calories from Fat 81

% Daily Value*

Fat 9g**14%**

Saturated Fat 7g**35%**

Trans Fat 0.01g

Polyunsaturated Fat 0.4g

Monounsaturated Fat 1g

Cholesterol 50mg**17%**

Sodium 438mg**18%**

Potassium 522mg**15%**

Carbohydrates 8g**3%**

Fiber 1g**4%**

Sugar 3g**3%**

Protein 18g**36%**

Vitamin A 2357IU**47%**

Calcium 24mg**2%**

Iron 1mg**6%**

Net carbs 7g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://diabetesstrong.com/coconut-chicken-soup/>