

CHEF'S CORNER

WITH CHEF AMELIA

GINGER & CHICKEN SOUP

FROM CHEF AMELIA'S KITCHEN

A NOTE FROM CHEF AMELIA:

Every year, at the first sign of autumn, I make a big batch of this soup. It's so good, totally cozy, and is jam packed with immunity boosting, antioxidant and antibacterial packed ingredients to strengthen your immune system before flu season kicks in!

INGREDIENTS:

- 1 yellow onion, diced
- 3 ribs of celery, diced
- 2-3 carrots, depending on size, sliced
- 6 cloves of garlic, minced
- 3 tablespoons of ginger (fresh, chopped or the paste in a tube work, try to avoid the dried stuff - save that for baking!)
- 3 quarts of chicken stock
- 1.5 pounds of chicken breasts
- 1 tablespoon low sodium soy sauce
- 1 teaspoon chili sauce (think sriracha!)
- 1 teaspoon ground cardamom
- 1/2 teaspoon dried thyme
- 1/2 teaspoon turmeric
- 4 bay leaves
- 1 bunch scallions, sliced
- 1/2 lime



INSTRUCTIONS:

1. Sauté your onion, celery, and carrots over medium high heat for 5 minutes.
2. Add your ginger, garlic, cardamom, thyme, turmeric, and chili sauce and continue to cook until the veggies are softened.
3. Add your chicken stock, then bring to a boil and cover.
4. Cook for 5 minutes, then reduce heat to a simmer.
5. Add your chicken breasts and cover, simmering for 15 minutes.
6. After 15 minutes, remove the chicken and let the soup simmer uncovered.
7. Using a fork, shred the chicken, then refrigerate.
8. Add the soy sauce and let simmer for an hour.
9. Return the chicken to the soup, and finish with a healthy handful of sliced scallions and the juice of half a lime (or a whole lime, if they're small!).
10. I served this with freshly baked bread, but you could pour it into a bread bowl for even more yumminess!