

# Thai Turkey Soup



<40 min



2-4 servings



## Ingredients

- 1 can coconut milk (or 1½ cups homemade coconut milk)
- 2 cups turkey stock (or chicken stock)
- ½ cup shredded turkey meat (or chicken meat)
- ¾ to 1 cup water (used to sauté the veggies)
- 1 small onion (diced)
- 1 cup shiitake mushrooms (or cremini, sliced)
- 2 cloves garlic (minced)
- 1 inch of ginger (sliced)
- 2 tsp lime juice (or 3-5 drops lime essential oil)
- 2 tsp Thai curry paste (green or red)
- ½ stalk fresh lemon grass (sliced) or 3-5 drops of lemon grass essential oil
- 1/3 cup cilantro (chopped)
- 1 cup fresh bean sprouts

## Preparation

Add the onion, mushrooms and water to a large saucepan. Bring to a boil, reduce to simmer, and cook the vegetables for 5 minutes (until soft). Add the garlic and ginger, cook 1 minute more.

Add the meat, stock, coconut milk, curry paste, fish sauce, lime, and lemon grass to the vegetables. Bring to a boil, then simmer for 10-15 minutes. Add the cilantro and bean sprouts, simmer for 5 minutes. Salt and pepper to taste.



This hearty Thai soup is a take-off on the traditional Tom Yum. It is packed with turkey, vegetables, spice Thai flavor, and creamy coconut milk.

- Pre-biotic Fiber (onion, garlic)
- Vitamins & Minerals (onion, garlic, cilantro, bean sprouts, turkey)
- Healthy Fats (coconut milk)
- Protein (turkey)