

Asian Chicken and Corn Soup



INGREDIENTS

1 litre of chicken stock
4 Organic chicken thighs
1 tbsp 'Bragg's' All Purpose Seasoning
1-2 tbsp of ginger grated or finely sliced
2-3 Organic Sweet Corn's, remove kernels by cutting them off
5 medium size mushroom, sliced
1 carrots sliced
Macadamia Oil for cooking
3-4 eshallots sliced into pieces
1 sachet of miso soup or 1 tbsp of miso paste
salt and pepper to taste

METHOD

Remove any obvious excess fat of your chicken. Slice your chicken thighs into small pieces about the size of a 5 cent piece. Place a medium to large pot on the stove top on a medium heat. Place 1-2 tbsp of macadamia oil in the pot and once warmed add the chicken and brown so that it is 1/2 cooked.

Then add the stock and all purpose sauce.

Then add ginger, sweet corn, carrot, mushroom and lastly the eshallots.

Then add miso powder or paste.

Let simmer for another 15min

Add salt and pepper to taste.

Keep it Healthy

Stock's often contain artificial additives, yeast and sugar . Organic grocery stores are the best places to buy quality stocks. 'Pacific' or 'Broth of Life' are excellent quality brands. Both yeast and sugar can feed a potential overgrowth of yeast in the large intestine.

Check the ingredients of the miso paste and try to find one that is sugar and yeast free, again try the organic grocery store, 'Spiral' is a good brand.

Bragg's All Purpose Seasoning is a healthy soy sauce alternative, it has no added sugar and no additives, normal soy sauce is loaded with sugar. This is a great permanent replacement for your pantry.