

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

I like the pacific brand of chicken stock, it's yeast and sugar free. I like to limit yeast and sugar as much as possible. 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.