

Lunch | Dinner

Soothing Ginger Turmeric Chicken Soup

15 Mins
Prep Time

20 Mins
Cook Time

4
Servings

146 Calories **8g Fat** **20g Carbs** **12g Protein**

Ingredients

4 Servings **35 Mins Total Time** **Allergens: Gluten**

1 Tbsp Extra Virgin Olive Oil

1 Clove Garlic, thinly sliced

¼ Tsp Turmeric 

1 Tsp Ginger Paste 

6 Cups Reduced-Sodium Chicken Broth

1 Large Handful (3oz) Angel Hair Pasta, broken in half

1 Cup Rotisserie Chicken, shredded 

½ Lemon, juiced

Green Onions, thinly sliced for topping

Salt and Pepper, to taste

Allergen Swap

Gluten Replace the regular pasta with a gluten-free version.



Nourishment Note

Turmeric



Turmeric is a powerful anti-inflammatory spice. A compound found in turmeric, curcumin, has been shown to reduce inflammation. When paired with ground pepper, the absorption of curcumin increases.

Ginger



Ginger is known for its anti-nausea properties, which can help to soothe an upset stomach. The anti-nausea effect is increased when paired with a protein, such as chicken.

Chicken



Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.

Instructions

1. Sauté Spices

In a stock pot, sauté garlic, turmeric and ginger in olive oil until fragrant, about 30 seconds.

2. Add Chicken Broth & Pasta

Add the chicken broth and bring to a simmer, about 10 minutes. Add the pasta and cook one minute less than the package instructions.

3. Add Chicken

Add the chicken and heat through, about 1 minute.

4. Add Lemon Juice & Serve

Remove the pot from heat. Stir in lemon juice. Serve with thinly sliced green onions and salt and pepper, to taste, if desired.

Recipe adapted from marthastewart.com

What You'll Need



Cutting Board



Knife



Large Pot



Measuring Cups



Measuring Spoons



Ladle



Wooden Spoon

Breathe Better Food Tip

- Bring your chopping and cutting projects for this recipe to the kitchen table and sit while you prepare the food to help preserve energy.
- Many people feel short of breath when their stomach is full. Try eating smaller, frequent meals to help stay comfortable.
- Using prepared food, such as shredded rotisserie chicken, helps to save both time and energy in the kitchen.