

# Thai Chicken Soup

## Ingredients

2 teaspoons olive oil  
1 1/2 cups cubed peeled sweet potato  
1 1/4 cups chopped onion  
1 cup fresh or frozen tri-color pepper strips or frozen pepper stir-fry veggies  
2/3 cup sugar-snap or snow peas  
1 tsp ground ginger  
2 garlic cloves, minced  
2 (14 ounce) cans low-sodium chicken broth  
1 1/2 cups chopped cooked chicken breast  
2 Tbsp lime juice  
Sweet chili garlic sauce – to taste  
1 (14 ounce) can light coconut milk

## Optional garnish

Chopped fresh cilantro  
Lime wedges  
Cooked brown rice

## Directions

1. Heat oil in large pot. Add sweet potato, onions, pepper and peas to pan. Cook 8 minutes, stirring frequently.
2. Add ginger and garlic; cook 1 minute, stirring frequently.
3. Stir in broth; bring to a boil. Cover, reduce heat and simmer 10 minutes.
4. Add chicken, lime juice, chili sauce and coconut milk; cook until thoroughly heated.
5. If using rice, divide rice evenly into bowls and serve soup over rice.
6. Top with garnish if desired.

## Nutrition Information **Makes 6 servings (1 1/3 cups)**

### Per serving:

Calories: 211  
Fat: 7g  
Carbohydrate: 15.8 g  
Protein 21g  
Fiber: 3g  
Sodium: 346 mg



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