

Chicken Coconut Curry Soup

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 small onion, chopped
- 6 tbsp olive oil, divided
- 1-2 garlic cloves, chopped
- 2-3 tbsp organic curry powder
- 2 tsp ground cumin
- 1 head cauliflower, chopped
- 1 medium butternut squash or 2 small ones, cubed
- 1L (4 cups) vegetable or chicken stock
- 2 organic or pasture raised chicken breasts, cubed
- 1 large can (796mL) diced tomatoes
- 1-2 cans full fat coconut milk*
- Sea salt and pepper to taste

Instructions:

1. In a large soup pot, add olive oil and heat to medium. Add onions and garlic and saute for a few minutes. Next add spices. I suggest adding half the spices and the remaining when you add all the liquids so you can add it to your liking.
2. Add a splash of stock if the onions are getting dry. Next add butternut squash and cauliflower along with all the stock. Mix together and bring to a soft boil, then reduce to a simmer to cook the ingredients 5-8 minutes.
3. Meanwhile, heat a saucepan on medium with olive oil and saute chicken until cooked through. Set aside.
4. Add tomatoes to soup, stir to combine. If you want a thicker soup just reduce it down a little by continuing to cook it. Add chicken and finally, add coconut milk and cream. Stir till fully combined on medium heat. Do not boil once the coconut cream has been added.
5. Enjoy right away or allow to cool completely. Store in the fridge for up to 5 days or in the freezer for a few months. If stored in glass, only fill jar 3/4 full to allow for expansion when it freezes otherwise the jar will crack.

Notes:

Serves 6-8 *Coconut milk: I used 2 cans but for the second can, I do not use the liquid, only the cream. If you wish to make this more of stew consistency, only add cream from both cans, no liquid. Vegan option: Omit the chicken and replace with chickpeas and use veggie stock.