

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Thai Chicken Coconut Soup  
Serves 4**

**Ingredients:**

1 can (14 oz.) "light" coconut milk  
1 can (14 oz.) reduced-sodium chicken broth  
1 inch fresh ginger, cut into 4 slices  
1 stalk fresh lemongrass\*, cut in 1-in. pieces  
12 ounces skinless chicken breast or thighs, cut into 1-in. chunks  
1 cup sliced mushrooms  
½ cup sliced snow peas **or** green peas  
1 small carrot, cut into fine 1-inch strips  
1 tablespoon fresh lime juice  
1 teaspoon Thai or Vietnamese fish sauce  
1 teaspoon sugar  
1 teaspoon Thai chili paste **or** any hot sauce  
2 ounces whole grain rice noodles **or** angel hair pasta, broken into 2-inch pieces

1/4 cup fresh basil leaves  
1/4 cup fresh cilantro

**Directions:**

In a medium saucepan, combine coconut milk, broth, ginger, and lemongrass and bring to boil over high heat. Add chicken, mushrooms, snow peas, carrots, lime juice, fish sauce, sugar, and chili paste. Bring to a boil. Add pasta then reduce heat and simmer until chicken is firm and opaque, 5 to 10 minutes. Discard lemongrass and ginger slices. Add basil and cilantro just before serving.

**Recipe Notes:**

1. Try making the soup with shrimp or left-over cooked chicken.
2. \*If you can't find lemongrass, just cut a 1 X 2- inch piece of zest from a fresh lemon – remove zest before serving.

**Nutritional Information per serving:**

Calories: 256	Carbohydrates: 17g
Total Fat: 9g	Cholesterol: 77mg
Saturated Fat: 5g	Dietary Fiber: 2g
Protein: 26g	Sodium: 491mg