

Spicy Asian Chicken Soup

Maria L. Goldsmith

Makes 4 servings



Ingredients

3 cups low sodium chicken stock	1 piece peeled ginger (1 in)
1 ½ cups water	½ bag of cooked egg noodles
2 cups cooked shredded rotisserie/baked chicken	1 tablespoon fresh lime juice
½ cup grated carrots	¼ cup chopped fresh mint
½ cup snow peas	¼ cup chopped fresh cilantro
2 teaspoons hot chili sauce	¼ cup thinly sliced green onions
2 teaspoons low sodium soy sauce	Sesame seeds
1 ½ teaspoons Thai red curry paste	Sesame oil

Preparation

Bring first 9 ingredients to a simmer in a medium sauce pan; keep warm.

Cook egg noodles, drain. Place ¼ cup of noodles in each of 4 bowls.

Remove ginger. Add juice to broth mixture and stir.

Ladle 1 ⅓ cups broth mixture to each bowl. Top with mint, cilantro and green onions.

Drizzle sesame oil over each bowl

Sprinkle each bowl lightly with sesame seeds

Tip: For more body add shitake mushrooms when simmering the broth.