

Coconut Milk Soup with Roasted Chicken and Swiss Chard

I had some left over roasted chicken and a bunch of Swiss Chard in the fridge that needed to be used. This recipe is very close to one I found on healthygreenkitchen.com. If you roast your butternut squash ahead of time it is quick and very flavorful and just as good the following day. Have all your ingredients chopped and measured before you begin.

4C chicken stock (I use Better than Boullion)

1 14 oz can light coconut milk

6-8 oz roasted chicken chunks (or some left over salmon will be great too)

1 bunch Swiss Chard, thick stems removed and chopped, leaves chopped

1 large onion, chopped

1 large garlic clove, minced

1 jalapeno, seeds and ribs removed, finely chopped

1 small butternut squash, cubed and roasted

1/2C finely chopped cilantro

2t Thai fish sauce

2t brown sugar

Fresh squeezed lime juice

In a medium pot heat a good drizzle of olive oil, when hot add onions, garlis, chard stem pieces and jalapeo. Saute about 10 minutes to soften. Add the broth and bring to a gentle simmer for about 15 minutes. Stir in the balance of ingredients and warm throughout.

Enjoy!