My True Village

Turmeric & Ginger Chicken Soup

The warming, golden bowl that feels like a hug.

MAKES 4 BOWLS · FREEZES WELL · PROTEIN + IRON

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, finely diced
- 3 garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 teaspoon fresh ginger, grated
- 1 lb cooked chicken breast, shredded
- 1 large sweet potato, cubed
- 2 cups green beans, cut short
- 6 cups low-sodium chicken broth
- 3 cups kale, stems removed and torn
- ¼ red bell pepper, finely diced
- 2 tablespoons cilantro, chopped
- Black pepper, to taste

Make it

1. Heat the oil in a large pot over medium heat. Cook the onion for 5 minutes, until softened. Stir in the garlic, turmeric, and ginger for 30 seconds, until fragrant.
2. Add the sweet potato, green beans, and broth. Bring to a boil, reduce the heat, and simmer for about 15 minutes, until the sweet potato is nearly tender.
3. Stir in the cooked chicken and the kale. Simmer gently for 5 to 8 minutes, until the kale is tender and the chicken is heated through. Add a splash of water if needed.
4. Stir in the diced red pepper and cook for 1 minute. Off the heat, add the cilantro and season with black pepper. Divide into bowls and serve warm.

RICH IN IRON AND PROTEIN

Chicken and kale bring iron and protein for recovery, the red pepper adds a little vitamin C to help that iron absorb, and the warming turmeric and ginger make it deeply comforting on a cool day.