

Chicken Turmeric Soup with Spring Vegetables

Ingredients:

- 2 large or 3 medium chicken thighs with skin and bone
- 1/2 yellow or white onion, chopped
- 1 small carrot, halved
- 1/2 tablespoon ground turmeric
- 1 teaspoon ground cumin
- 3 garlic cloves, peeled and smashed
- 8 cups water
- 2 bay leaves
- 1/3 cup rice, washed
- 1/2 cup frozen peas, thawed (or fresh peas if available)
- 12 asparagus spears, trimmed and halved
- 1 1/2 cups baby spinach
- Salt and pepper to taste
- Avocado oil (or other neutral oil) for sautéing
- Lemon juice (optional)

Instructions:

1. Heat a little avocado oil in a large pot over medium heat.
2. Season chicken thighs with salt and pepper. Place them skin-side down in the pot and brown both sides. Remove and set aside.
3. Add chopped onion to the pot, scraping up any browned bits from the chicken. Sauté for 3–4 minutes until softened. Add the carrot halves and stir.
4. Add turmeric and cumin, cooking for another 2–3 minutes until fragrant. Stir in smashed garlic.
5. Return the browned chicken thighs to the pot, then pour in 8 cups of water. Add the bay leaves. Bring to a boil, cover, and reduce to a simmer. Cook for 1 hour.
6. After 1 hour, remove the chicken and set it aside to cool. Discard the onion, garlic, bay leaves, and carrot from the broth. Skim off any fat on the surface of the broth. Season the broth with salt and pepper to taste.
7. Once the chicken is cool enough to handle, remove the skin and shred the meat into bite-sized pieces.
8. Add the rice to the broth and simmer for about 10 minutes. Add the peas, asparagus, and shredded chicken, cooking for another 10 minutes until the vegetables are tender.
9. Turn off the heat and stir in baby spinach. Let it wilt for 1–2 minutes. Taste and adjust seasoning. Serve with a squeeze of lemon juice if desired.

Nutritional Breakdown (per serving, serves 6):

- **Calories:** 230 kcal
- **Protein:** 18g
- **Carbohydrates:** 17g
- **Fat:** 9g
- **Fiber:** 3g
- **Sugar:** 3g
- **Sodium:** 500mg (adjust depending on added salt)