

## Recipe – Coconut Milk Stir Fries Soup

This is a delicious, very low carb soup. You can use any of your favorite vegetables -- about 10 cups -- that you would stir fry and then simmer them in coconut milk. You can make a vegan version by using tofu or tempeh and vegetable broth instead of chicken.

### Ingredients:

- 2 TBS unrefined coconut fat or 2 - 3 TBS very good oil for frying
- 2 red peppers, slivered
- 1 onion, chopped
- 1 pound mushrooms, sliced thin
- 2 pounds boned chicken, sliced thin
- ½ bunch cilantro, chopped
- 6 or 8 strands of lemon grass, or juice of half a lemon
- 2-inch piece of ginger, minced
- 2 cans full fat organic coconut milk
- 2 cans water
- juice of two limes
- 1 can whole tomatoes, chopped, or 2 cups fresh tomato
- 8 drops stevia or 2 to 3 tsp honey, if permitted
- 1 bunch asparagus, cut in one-inch lengths
- 1 lb snow peas, stems removed, chopped coarsely
- 2 TBS organic Better than Bouillon chicken soup base
- Optional: hot sauce

### Directions:

In a soup pot, melt the fat and add peppers and onions. Stir fry for two minutes.

Add mushrooms, stir fry for two minutes.

Add chicken, cilantro, lemon grass, ginger, coconut milk, water, lime juice, tomatoes, and stevia and let simmer for about 10 minutes.

Remove strands of lemon grass.

Add asparagus and simmer for two minutes.

Add snow peas and simmer until just barely done, 2 -3 minutes.

Taste broth. Add up to 2 TBS soup base.

May be served with hot sauce or additional lime juice and cilantro

Serves 8 – 10.