

## **SPICY CHICKEN-POTATO SOUP**

Wheat-free Gluten-free Dairy-free

A hearty soup to warm you up.

### **Ingredients:**

- 1 tbsp oil
- 1 onion, chopped
- 4 cloves of garlic, chopped
- 2cm. piece of ginger, grated
- 300g potatoes, peeled and sliced
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tsp salt
- 3 cups chicken stock
- 1 cup coconut milk or 1 tbsp coconut
- 2 cups cabbage, chopped
- 1 tbs. soy sauce or Dr. Bronners Mineral Mixture
- Juice from ½ lemon
- 1 tsp raw sugar

### **Method:**

Saute onion, garlic and ginger in oil.

Add potatoes, turmeric, coriander, salt, chicken stock, coconut milk or coconut. Simmer until potatoes are well cooked. Puree if a smoother consistency is desired.

Add cabbage, soy sauce or Dr. Bronners Mineral Mixture, lemon juice and raw sugar.

Boil for a further 5-7 minutes.