



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# CHICKEN & GINGER SOUP

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

8 cups chicken stock  
2 tablespoons soy sauce  
1 tablespoon fino sherry  
Sugar substitute equivalent to 2 teaspoons sugar  
4 cloves garlic – thinly sliced  
¼ teaspoon white pepper  
½ cup ginger – peeled and julienned  
1 pound boneless-skinless chicken thighs – sliced ¼" thick  
½ cup cilantro leaves and stems – chopped  
6 garlic scapes or green onions – sliced  
2 red chili peppers – thinly sliced (optional)

### Preparation:

Place the stock in a heavy pot on high heat. Stir in the soy sauce, sherry, sugar substitute, garlic and white pepper. Bring to a boil.

Add the ginger and chicken, reducing heat once a boil is reached again. Simmer uncovered for five minutes.

Remove from heat, then stir in the cilantro and garlic scapes.

Serve garnished with the chili peppers.

### Nutritional Information Per Serving:

Calories: 144  
Fat: 5g  
Carbs: 2g  
Fibre: 0.2g  
Protein: 23g