

# Thai-style Chicken and Coconut Soup LC

- 2 tablespoons vegetable oil*
- 2 onions, chopped*
- 3 cloves garlic, crushed*
- 2 teaspoons ground cumin*
- 1 teaspoon turmeric*
- 1 teaspoon chopped fresh chile pepper*
- 1 tablespoon chopped fresh lemongrass*
- 1/4 cup lime juice*
- 4 cups chicken stock*
- 2 cups unsweetened coconut milk*
- 2 tablespoons Asian fish sauce*
- 1 pound boneless, skinless chicken breasts, thinly sliced*
- 2 tablespoons chopped fresh cilantro*

Heat the oil in a frying pan, add the onion and garlic and cook, stirring, until the onion is soft. Add the spices, chile and lemongrass and cook, stirring, until the lemongrass is tender. Add the lime juice, stock, coconut milk and fish sauce and bring to a boil. Stir in the chicken and simmer, uncovered, for about 3 minutes, or until the chicken is tender. Stir in the remaining ingredients and cook until hot. Makes 8 appetizer servings.

**Per serving: Cal 122 (40% fat) Fat 5 g (1 g sat) Fiber 1 g  
Chol 32 mg Sodium 74 mg Carbs 6 g Calcium 41 mg**

Source: [Recipes.com](http://Recipes.com/)/"Chicken — Cooking With Style"