

Annette's Thai Chicken Noodle Soup

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
cellophane noodles	4 ounces	see instructions below
garlic	3 cloves	minced
yellow onion	1 small	thinly sliced
ginger	1 Tablespoon	peeled & grated
oil	¼ cup	any light tasting oil
chicken broth	32 ounces	homemade is better than canned
tomatoes	2 cups or 1 can	peeled & diced
coconut milk	1 can	UNSweetened
lime zest	from 2 limes	
lime juice	from 2 limes	
lemon grass	1 stalk	cut diagonally into 1 inch pieces
Thai fish sauce	1 Tablespoon	
dried red pepper flakes	½ teaspoon	
curry paste	1 TBSP	
tamarind	2 pods or 2 ounces	finely chopped
chicken	2 boneless breasts	thinly sliced crosswise
water chestnuts	1 small can	diced
snow peas	2 cups	washed & stringed
soy sauce	2 Tablespoons	
cilantro	½ cup to 1 cup	washed & chopped

- Place cellophane (Mung Bean) noodles in a bowl. Completely cover with hot water, & let sit for 15 minutes, then drain.
- In a large saucepan, sauté the garlic, onion & ginger in oil.
- Wash the limes before scraping the peel to chop the zest & juice the limes.
- Add the ingredients from chicken broth to tamarind, plus the soaked & drained noodles, and simmer for 10 minutes. If you don't have tamarind, try substituting with dehydrated guava or guava jelly or peeled dates or a spoonful of honey.
- Add the ingredients from chicken to cilantro, and simmer for 10 minutes.

NOTE: This is a quick to make, yummy soup. Cellophane noodles are actually mung bean, which is nutritious, high in folic acid, and easy to digest. When I don't have tamarind, I use guava paste or guava jelly. Shrimp or pork could probably substitute for the chicken, although I haven't tried this.

Soup - Hot