

Asian Soup

Use only one pot!

Place one quart of broth in a saucepan pan and TASTE. It's always good to know where you're starting.

- Add raw vegetables like diced zucchini, green beans, broccoli and carrots. Add the longer cooking vegetables first like carrots, followed by the shorter cooking vegetables to avoid overcooking.
- Add precooked chicken or you could dice raw chicken and cook it directly in the soup.
- Add one can coconut milk
- Add: 1-2 tablespoons soy sauce to taste, 1-2 teaspoons sesame oil. Simmer and taste. Add more sea salt or soy sauce (or Brags) as needed.
- Add: Leftover rice or grains KEEP TASTING!
Other possible additions: 1-2 tablespoons Asian fish sauce, juice of a lime, fresh cilantro, dried seaweed.