

HEALING CHICKEN + RICE SOUP

FREEZE TOGETHER

- 2 tablespoons **olive oil**
- 3 cloves **garlic**, *thinly sliced*
- 2-inch knob **fresh ginger**, *peeled and thinly sliced*
- 1 **shallot**, *peeled and thinly sliced*
- 1 ½ lbs. **boneless skinless chicken thighs**
- 1 ½ teaspoons **salt**
- 1 teaspoon **turmeric**
- 6 cups **chicken broth**
- juice of 4 **limes** (*about 1/4 cup, plus more to taste*)

INSTANT POT

High Pressure 13 mins

10-minute natural release

SLOW COOKER

High Setting 6 hrs

Thaw ingredients first

FINAL STEP

Shred chicken. If using Instant Pot, add 1 cup rice to soup and use sauté function with lid off, cooking for 15 minutes. If using slow cooker, cook rice separately and add to soup. Stir in 3 cups spinach and a splash of soy sauce or fish sauce. Serve with fresh herbs (mint, cilantro, basil) and crushed peanuts.

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