

Slow Cooker Thai Chicken Soup

Prep 15M | Cook 5M | Enjoy in 25M

This easy slow cooker soup means there's no dishes after dinner time! Coconut milk, Thai red curry and fresh ginger blend together to form a rich base for the chicken and noodles in this hearty soup recipe.

INGREDIENTS

- 2 cups diced carrots
 - 1 cup diced red bell pepper
 - 1 cup diced onion
 - 1 tbsp minced fresh ginger
 - 4 cloves garlic, minced
 - 4 tbsp Thai red curry paste
 - 1 tbsp fish sauce
 - 1 tbsp low-sodium soy sauce
 - 1 tsp brown sugar
 - 3 cups low-sodium chicken broth
 - 4 boneless skinless chicken breasts
 - 1 can (400 mL) light coconut milk
 - 8 oz spaghetti noodles
 - 1 lime, juice and zest
 - Cilantro for garnish
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DIRECTIONS

1. Add carrots, peppers, onions, ginger, garlic, curry paste, fish sauce, soy sauce, brown sugar, chicken broth and chicken breasts to slow cooker.
 2. Cook on low heat for 8 hours or on high heat for 4 hours.
 3. Remove chicken and shred with two forks. Return to slow cooker and add coconut milk. Cook for 30 minutes.
 4. Meanwhile, cook spaghetti noodles according to package directions.
 5. Just before serving, add lime juice and zest, noodles and cilantro.
 6. Serve and enjoy!
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NUTRITIONAL FACTS

Serves 4 (1½ cups per serving)

Nutritional analysis per serving: 370 calories, 6 g fat, 28 g protein, 56 g carbohydrate (51 g available carbohydrate), 5 g fibre, 653 mg sodium