

# Coconut Curry Chicken Soup

Spicy, sweet and tangy green curry and coconut soup, loaded with Pierce Chicken® Natural Proportion 1/2" diced chicken (1230), red bell pepper, mushroom and green onion.



## YIELD

100 servings

## MENU FIT/DAYPART

Lunch

## COMPONENTS

0.75 oz eq M/MA

1/8 cup other

vegetable

## DIFFICULTY

Easy

## ALLERGENS

n/a

## INGREDIENTS AND PREPARATION

- 6 pounds Pierce 1/2' Diced Chicken (1230)
- 1 cup unsalted butter or vegetable oil
- 6 pounds onion, chopped
- 1 cup green curry paste
- 24 garlic cloves, minced (or 3 teaspoons dried garlic powder) 1/2 cup fresh ginger, minced (or 2 teaspoons dried ginger) 2 pounds red bell pepper, thinly sliced and cut into 1" pieces 3/4 pounds fresh mushrooms, sliced
- 4 gallons low-sodium chicken broth
- 7 quarts lite canned coconut milk
- 1/2 cup curry powder
- 1 cup brown sugar
- 2 teaspoons crushed red pepper flakes
- 2 cups lime juice
- 3/4 pounds green onion, thinly sliced
- 2 cups cilantro, chopped (optional)

1. In a large stockpot over medium heat, saute the butter and onion, just until the onion is softened. Add the curry paste and stir to combine. Then add the garlic, ginger, red bell pepper, and mushrooms. Cook until softened, about 3-5 minutes.

2. Add chicken broth, coconut milk, curry powder, brown sugar, red pepper flakes and chicken. Cook until temperature reaches 165°F.

3. Before serving, stir in lime juice, green onions, and cilantro if using. Season with black pepper to taste.

4. Serve as is, or over cooked brown rice or pad Thai rice noodles.

*Serving Suggestions:* Serve with brown rice, sliced cucumbers, Mandarin oranges and milk.

## Nutrition Facts

Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 260mg	11%
<b>Potassium</b> 230mg	7%
<b>Total Carbohydrate</b> 9g	3%
Dietary Fiber 2g	8%
Sugars 5g	
<b>Protein</b> 9g	18%
Vitamin A 6%	Vitamin C 30%
Calcium 2%	Iron 4%
Folate 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 85g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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