



A suprising twist on the traditional chowder!

Creamy Coconut Chicken Soup



3232005

<u>Ingredient:</u>	<u>Unit</u>	<u>Measure</u>
Chicken Breast	1.3	Pounds
Water	4	Cups
iTi Coconut Cream	1 1/4	Cups
Large White Onion	0.5	Each
Lemon Grass	2	Tablespoons
Olive Oil	2	Tablespoons
Garlic (fine chopped)	2	Cloves
Green Chili	1	Tablespoons
Fish Sauce	1	Tablespoons
Lime Juice	1	Tablespoons
Carrots	0.5	Cups
Celery	0.5	Cups
Cornstarch	3	Tablespoons

Directions

Saute onion and jalapeno with 2 tablespoons olive oil. When onion becomes opaque, add chicken pieces, carrots, celery and garlic. When chicken is almost fully cooked add coconut and water. Bring to a boil for 10 min. Reduce heat to a simmer and add lime juice, fish sauce, salt, pepper and fresh cilantro. Remove 1/2 cup of broth and mix with cornstarch. Then add the cornstarch mixture to the soup. Let simmer for another 20 min. Remove from heat and let stand for about 5 min. Serve!

Samples available... please contact Don Giampetro at iTi Tropicals
 Phone: 1-800-223-5484 Fax: 609-987-0252 don@ititropicals.com
www.bananapuree.com www.ititropicals.com
www.organic-tropicals.com