

Mushroom Soup with Shredded Chicken & Pistachios

Serves: 4-5

Prep time: 3-5 minutes

Cook time: 20-25 minutes

INGREDIENTS:

- 2 organic, boneless skinless chicken breasts
- 1 tbsp extra virgin olive oil
- 3 cloves garlic, minced
- 1 large shallot, finely chopped (or 1/2 white onion)
- 2 lbs assorted mushrooms (~3 small boxes), sliced
- 3 cups organic vegetable broth
- 1 can light coconut milk
- 1/3 cup shelled pistachios
- Pinch of salt



Serving size: 1.5 cups

INSTRUCTIONS:

1. Place a saucepan on the stovetop and bring the heat to medium. Pour 1.5 cups veggie bone broth in the bottom.
2. Add the chicken in a single layer - not fully submerging in the broth.
3. Cover and bring to a boil, then reduce heat and let the chicken simmer for ~10 minutes. Flip the chicken over and cook for another 10 minutes or until the internal temp reaches 165 degrees.
4. Meanwhile, heat a large pot on the stove top over medium and add the olive oil, garlic, and shallot. Sauté for 3-5 minutes or until the garlic is fragrant. Note: make sure the heat is not too high! You don't want to burn the garlic.
5. Add the mushrooms and sprinkle with salt.
6. Add broth and coconut milk and stir. Simmer for 20-25 minutes. Then remove from heat and carefully pour into a blender. Pulse until smooth.
7. Pour into serving bowls and set aside.
8. Once chicken is done, remove from the saucepan and onto a cutting board. Shred the meat between 2 forks.
9. Add about 1 cup of meat to each serving bowl of soup. Top with pistachios before serving.