



RECIPE

CHICKEN VEGETABLE MISO SOUP

INGREDIENTS:

2 lbs	boneless skinless chicken thighs
2 tbsp	olive oil, divided
2	leek, cleaned and sliced
5 oz	shiitake mushrooms, stemmed and sliced
5	carrots, chopped
1	yellow onion, diced
6	garlic cloves, minced
1/2 tsp	kosher salt
1/4 tsp	freshly ground black pepper
1 tbsp	low sodium soy sauce
1 tbsp	fresh ginger, grated
1/8 tsp	sriracha sauce
8 cups	chicken stock
1/2 cup	white miso paste
1/2 head	napa or savoy cabbage, roughly chopped
1 head	baby bok choy, roughly chopped

DIRECTIONS:

In a dutch oven heat 1 tablespoon of olive oil over medium-high heat. Place the chicken skin side down and cook for 5-6 minutes. Flip the chicken over and cook for another 5-6 minutes. Remove from the pan and set aside.

Keeping the heat on medium high add the other tablespoon of olive oil and then add the leek, carrots, onions, garlic and mushrooms to the pan and toss to coat in the olive oil. Season with salt and pepper then add in the grated ginger, sriracha and soy sauce. Stir well and cook until the vegetable are just tender, about 8 minutes. Add the chicken stock and place the chicken thighs back into the pot. The liquid should cover all the ingredients in the pot. If not, you can add some water. Bring to a simmer and lower the heat to low. Cover and cook for 40 minutes.

Remove top and using two forks, break apart the chick thighs into shreds. Add in the chopped cabbage and bok choy and stir into the liquid until wilted. Serve immediately

Serves:8

