

Easy Chicken Miso Soup

Serves:	6
Prep Time:	40 Minutes
Cook Time Soup:	20 Minutes
Cook Time Stock:	1.5 Hours Cool 30 Minutes and Refrigerate
Nutritional Profile:	Low calorie High fiber Low saturated fat Low cholesterol High potassium High calcium Heart healthy Healthy weight Diabetes appropriate

Ingredients

- 1 1/4 lbs of chicken thighs bone-in / skin-on (5 thighs)
- Cabbage - half a small / medium head of cabbage chopped instead of Bok Choy
- 3 cups additional water - had I had chicken stock, I'd have used it instead of water
- 1 Tbspn additional Ginger, Miso, Soy Sauce due to additional water
- 1 Tbspn Thai Basil - I had this on hand, not sure I would have used anything else had I not had this on hand
- 10 Birds Eye Thai Chili's crushed - could used crushed red peppers - I like a little heat and this was perfect

Stock

Because I had to de-bone the chicken thighs (5 thighs), I threw the skin and bones into a sauce pot. I use a steamer insert to hold all the solids so that I can easily remove them once the stock is done.

- Chicken bones, skin, parts
- 2 Tbsps whole black peppercorns
- 2 bay leaves
- 10 or so sprigs of fresh parsley, could used dried parsley - maybe about 2 Tbspns
- 4-5 sprigs of fresh thyme - I didn't have fresh so I put about 2 tspns or so of dried thyme
- half an onion rough chop
- 1 large or 2 small carrots, peeled and rough chopped
- 1 large stalk of celery, or I generally save the leafy and hearts of the celery to rough chop and toss into a stock
- Cover with water, bring to a boil, then down to a simmer for a couple of hours

What's Your Variation on Chicken Soup?