

Healthy Turmeric Chicken Soup Recipe for Busy Weeknights

1 large leek, halved lengthwise and thinly sliced



TIME

14 to 16 min

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INGREDIENTS

- 1/4 cup olive oil
- 1 medium onion, diced
- 1 large leek, halved lengthwise and thinly sliced
- 3 large carrots, thinly sliced
- 3 stalks celery, thinly sliced
- 1 teaspoon kosher salt, plus more to taste
- 3 cloves garlic, chopped
- 1 teaspoon turmeric
- 1 teaspoon poultry seasoning
- 6 cups chicken broth
- 1 can (13.5 ounces) coconut milk
- 1 1/4 pounds boneless, skinless chicken thighs or breasts
- 1 bag (10 ounces) frozen peas, optional
- 1/4 cup fresh parsley, chopped
- 1/2 teaspoon black pepper

DIRECTIONS

- 1. SautØ the vegetables:** In a large pot, heat the olive oil over medium heat. Add the diced onion, sliced leek, carrots, celery, and kosher salt. Cook, stirring occasionally, for 14 to 16 minutes, until the vegetables are softened and fragrant.
- 2. Add the aromatics:** Stir in the chopped garlic, turmeric, and poultry seasoning. Cook for another 2 to 3 minutes, until everything smells warm and aromatic.
- 3. Add the broth, coconut milk, and chicken:** Pour in the chicken broth and coconut milk, then add the chicken. Bring the mixture to a simmer, cover the pot, and cook on low for about 40 minutes, or until the chicken is fully cooked and tender.
- 4. Shred the chicken:** Remove the chicken from the pot and shred or chop it into bite-sized pieces. Return it to the soup.
- 5. Finish the soup:** Add the frozen peas, if using, along with the chopped parsley and black pepper. Simmer for another 10 minutes until the peas are tender and everything is heated through.
- 6. Taste and serve:** Taste the soup and adjust the seasoning with additional salt and pepper if needed. Serve hot with extra parsley on top.

SWAPS & NOTES

Chicken thighs will give you a slightly richer soup, while chicken breasts make it a bit leaner.

Both work well, so choose based on your preference.

Coconut milk adds a creamy texture without dairy, and its subtle flavor pairs surprisingly well with the turmeric and chicken.

Leeks bring a gentle sweetness to the soup, but be sure to wash them well since they can hold grit between their layers.

TIPS FOR SUCCESS

Give the vegetables enough time to soften at the beginning.

This builds a flavorful foundation for the whole soup and helps the broth taste more developed.

Keep the heat at medium so the vegetables soften slowly rather than brown too fast.

Wash the leek thoroughly before slicing, since trapped grit can easily end up in the pot.

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