

Providing compassionate care and hope to people facing cancer

## ***Fall 2025 Turmeric-Ginger Chicken Soup : EW III***

### ***Ingredients***

*2 thinly sliced garlic cloves  
¾ tsp. turmeric  
1 tsp. grated ginger, fresh  
1 tsp. olive oil  
6 cups low sodium chicken broth or stock  
3 ounces angel-hair pasta, broken in half  
1 cup shredded cooked chicken  
1 Tbsp. fresh lemon juice  
2 scallions, thinly sliced for serving  
1 cup plain low-fat yogurt*

### ***Instructions***

- 1. In a saucepan over medium heat, saute' garlic, turmeric & ginger in oil until fragrant, about 30 seconds.*
- 2. Add stock; bring to a simmer. Add pasta, cook 1 minute less than per package instructions.*
- 3. Add chicken, heat through, 1 minute. Remove from heat.*
- 4. Stir in lemon juice.*
- 5. Serve topped with scallion slices & dollop of yogurt.*

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*Nutrition Tips*

- *Soup can provide both hydration and nutrition, if drinking water is difficult for you, soup is a good option. Turmeric is part of the ginger family & is known for its vibrant color & flavor for culinary dishes. Ginger is known for its aromatic scent, anti-inflammatory & antioxidant properties. Often used in stir-fry's, curries & baked goods. It is good for nausea, vomiting, indigestion & joint pain.*