

Spicy Ginger Garlic Chicken & Red Lentil Soup with Bok Choy

Serves 4 | Prep Time: 15 min | Cook Time: 30 min | Total Time: 45 min

A soothing, nutrient-rich soup that blends the warmth of fresh ginger and garlic with tender chicken, protein-packed red lentils, and crisp bok choy. This comforting bowl is perfect for chilly days or when you need a gentle, nourishing meal to help you feel your best.



Recipe:

Ingredients:

1 tbsp olive oil
1/2 onion, chopped
4 garlic cloves, minced
2 tbsp grated fresh ginger
1/4 tsp crushed red pepper flakes (or to taste)
6 cups chicken or vegetable broth
1.5 lb boneless, skinless chicken thighs
2 medium carrots, thinly sliced
2 celery stalks, chopped
1 jalapeño, sliced (optional)
3/4 cup red lentils, rinsed
2 cups chopped bok choy
2 tbsp low-sodium soy sauce
Juice of 1 lemon or lime
Salt and pepper, to taste
2 tbsp chopped fresh cilantro

Directions:

Sauté the aromatics: In a large soup pot, heat the olive oil over medium heat. Add onion, garlic, ginger, and crushed red pepper flakes. Cook for 3–4 minutes, stirring occasionally, until fragrant and the onion begins to soften.

Build the base: Add the broth, chicken thighs, carrots, celery, jalapeño (if using), and rinsed red lentils. Stir, then increase heat to bring to a gentle boil.

Simmer: Reduce heat to low-medium, cover, and cook for 20–22 minutes, until the chicken is cooked through (165°F) and lentils are tender.

Shred the chicken: Remove chicken from the pot, shred into bite-sized pieces using two forks, and return it to the soup.

Finish the soup: Stir in bok choy, soy sauce, and lemon or lime juice. Season with salt and pepper to taste. Simmer uncovered for 4–5 minutes, until the bok choy is just tender and bright green.

Serve: Ladle into bowls and garnish with chopped cilantro. Serve hot.

Protein Flip Note: Combining hearty chicken with protein- and fiber-rich red lentils creates a balanced, satisfying bowl that's as comforting as it is nourishing.