

Long Livo

Turmeric Chicken Soup: Anti-Inflammatory Healing Recipe

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Soup

- [ ] 1 tbsp olive oil or avocado oil
- [ ] 1 large yellow onion, diced
- [ ] 2 large carrots, peeled and sliced
- [ ] 2 celery stalks, sliced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp freshly grated ginger
- [ ] 1.5 tsp ground turmeric
- [ ] 1/2 tsp ground cumin
- [ ] 1/4 tsp black pepper
- [ ] 6 cups good-quality chicken broth, low sodium
- [ ] 1.5 lbs boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
- [ ] 1 cup cooked rice or quinoa (optional, for serving)
- [ ] Salt to taste

For Garnish (Optional)

- [ ] 1 fresh lemon, cut into wedges
- [ ] 1/4 cup fresh cilantro or parsley, chopped

Instructions

1. Begin by preparing all your beautiful vegetables. There's something so meditative about this part. Place a heavy-bottomed pot or Dutch oven over medium heat and add the olive oil. Once it shimmers slightly, add the diced onion, carrots, and celery. Let them cook gently for about 5-7 minutes, stirring occasionally, until they've softened and the onion is translucent. You just want to coax out their natural sweetness, creating the first layer of flavor for our soup.

2. Now it's time for the aromatics to join the party. Add the minced garlic and freshly grated ginger to the pot. Stir them constantly for about one minute until you can smell their incredible fragrance filling your kitchen—wow, it's just the best. Next, sprinkle in the ground turmeric, cumin, and black pepper. Continue to stir for another 30 seconds. This step is so important; toasting the spices like this really wakes them up and deepens their flavor in the finished soup.

3. Pour in the chicken broth, using a spoon to gently scrape up any flavorful bits that might be stuck to the bottom of the pot. Turn the heat up to bring the broth to a gentle simmer. Once it's bubbling softly, add the chicken pieces and a good pinch of salt. Reduce the heat to low, cover the pot, and let it simmer for 15-20 minutes, or until the chicken is cooked through and tender. The gentle simmer is key here—it keeps the chicken lovely and moist.

4 Once the chicken is cooked, give the soup a taste. This is your moment to adjust the seasonings. Does it need more salt? A bit more pepper? Now is the time to make it perfect for you. If you're serving with rice or quinoa, you can stir it in now or place it directly in the bowls before ladling the soup over top. For a different texture, you could try serving it over something unique, like some zucchini noodles. Finally, ladle the beautiful, golden soup into bowls. Squeeze a wedge of fresh lemon juice over each serving and sprinkle generously with fresh cilantro or parsley. The freshness at the end is what makes it sing.

Nutrition per serving

285 kcal	38 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Feel free to add other vegetables you have on hand. Some chopped spinach or kale stirred in at the end until wilted is a lovely way to add more greens. Mushrooms or bell peppers would also be a wonderful addition to the base.
- The black pepper in this recipe does more than just season; it contains piperine, which is known to help increase the absorption of curcumin, the active compound in turmeric. So, don't skip it! It's a small detail that makes a big difference for the wellness aspect of the soup.
- This soup is a perfect companion to a slice of hearty bread for dipping. While any crusty loaf is great, a savory quick bread would be amazing. You might enjoy something like a zucchini cheddar bread or even the classic zucchini bread.