

Tinolang Manok (Ginger Chicken Soup)

from Mula sa Puso: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

- 2 Thumb size pieces of fresh ginger root
- 1 clove Garlic, minced
- 1 small Onion, chopped
- 1 large Chayote or carrot, sliced
- 1 small Cabbage, shredded
- 1 1/2 tsps. Olive oil
- 4-8 small Pieces of skinless chicken with bones (back, thighs or wings)
- 2 cups Chicken stock
- 1 tbsp. Fish sauce
- 1/4 tsp. Salt
- 1/4 tsp. Pepper
- Scallions
- 1 Pepper (jalapeno or sweet)

Heat oil and sauté ginger, garlic and onions. Add chicken and braise until meat turns whitish. Pour in the stock. Season with salt, pepper and fish sauce. Bring to a boil. Add vegetables. Turn the heat to medium. Simmer for 15-20 minutes. Add scallions and jalapeno.

Serves 4-6

Single Serving Nutrient Values

Calories 229.7 kc
% calories from fat 59
Protein 18.77 gm
Carbohydrate 4.327 gm
Cholesterol 59.87 mg
Sodium 228.3 mg
Total Fat 14.92 gm

Saturated 4.076 gm
Polyunsaturated 2.944 gm
Monounsaturated 5.910 gm

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