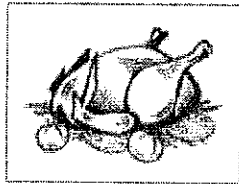


Spicy Chicken Soup (Dak Yukgaejang)



PREP TIME: -

COOK TIME: -

SERVES: 6

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INGREDIENTS

8 cups water
1 pound boneless, skinless chicken breasts,
trimmed of fat
8 cloves garlic, minced
2 tablespoons chili powder, preferably Korean
(see Note)
1 tablespoon reduced-sodium soy sauce
1 teaspoon salt
2 large eggs
1 tablespoon toasted sesame oil
2 bunches scallions, trimmed and cut into 1 1/2-
inch lengths
1/8 teaspoon freshly ground pepper

NUTRITION INFO

Serving size: 6 x 1 1/3-cup servings

Calories: 161 kcal | Carbohydrates: 8 g | Dietary Fiber: 2 g |
Fat: 6 g | Protein: 18 g | Sugars: 2 g

COOKING DIRECTIONS

1. Place water and chicken in a large Dutch oven; bring to a boil over high heat. Reduce heat to a simmer and cook, skimming any foam from the surface with a slotted spoon, until the chicken is cooked through, 15 to 20 minutes. Remove the chicken from the pot, reserving the cooking liquid. When cool enough to handle, shred the chicken into thin strips.
2. Combine garlic, chili powder, soy sauce, salt and 2 tablespoons of the reserved cooking liquid in a large bowl. Add the shredded chicken and mix thoroughly. Cover and set aside to marinate for 10 minutes.
3. Whisk eggs and oil in a small bowl until well combined.
4. Bring the remaining cooking liquid to a boil again over high heat. Add the seasoned chicken, scallions and pepper. Return to a boil; drizzle the egg mixture slowly over the boiling soup. Serve immediately.

Yield: 6 servings (Serving size: 6 x 1 1/3-cup servings)

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