

DINNER

Potato, Chicken, and Coconut Soup

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$2.19	207 kcal

Potato, Chicken, and Coconut Soup might be a good recipe to expand your main course repertoire. This recipe makes 6 servings with 207 calories, 14g of protein, and 8g of fat each. For \$2.19 per serving, this recipe covers 13% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 cups chopped peeled baking potato
- ☐ 1 cup chopped celery
- ☐ 2 cups shredded cooked chicken breast (about 2 breasts)
- ☐ 3 tablespoons chopped fresh cilantro
- ☐ 3 garlic cloves, minced
- ☐ 13½ ounce light coconut milk
canned
- ☐ 1 cup chopped onion
- ☐ 5 cups water
- ☐ 1 cup chopped carrot
- ☐ ½ teaspoon chile paste with garlic (such as Sambal oelek)
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- ☐ 4 teaspoons fish sauce
- ☐ 2 tablespoons minced peeled fresh ginger
- ☐ 10 inch lemongrass, cut in half lengthwise
- ☐ 1 tablespoon fresh lime juice
- ☐ ½ teaspoon salt

EQUIPMENT Bowl, Frying pan, Sauce pan, Blender

Method

- 1 Combine first 9 ingredients in a large saucepan; bring to a boil. Reduce heat; simmer 25 minutes or until vegetables are tender. Discard lemongrass. Cool slightly.
- 2 Pour 2 cups potato mixture in a blender; process until blended.
- 3 Pour into a bowl. Repeat procedure with 2 cups potato mixture. Return pureed mixture to pan. Stir in chicken and remaining ingredients; cook over medium heat 5 minutes or until thoroughly heated.

Nutrition per serving

207	14 g	8 g	20 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.2 g · 32% of daily needs
Fibre			2.1 g · 8% of daily needs
Sugar			3 g · 3% of daily needs
Sodium			639 mg · 28% of daily needs
Cholesterol			35 mg · 12% of daily needs
Vitamin C			8.3 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/potato-chicken-and-coconut-soup-142908