

Thai - Tom Kha Soup (Coconut & Lemongrass Soup)

Why it's medicinal:

Coconut milk is rich in **healthy fats**, lemongrass is **anti-inflammatory**, and galangal supports **digestion**.

Ingredients:

- 4 cups coconut milk
- 1 stalk lemongrass, chopped
- 1-inch galangal (or ginger), sliced
- 1 cup mushrooms
- 1 cup chicken or tofu
- 1 lime, juiced
- 1 tsp fish sauce (optional)

Instructions:

1. Boil coconut milk with lemongrass and galangal.
2. Add mushrooms and chicken.
3. Simmer for 10 minutes, then add lime juice before serving.