

GENERAL TSO'S CHICKEN SOUP



For the Marinade:

2	Tablespoons	Rice Vinegar
1	Tablespoon	Toasted Sesame Oil
¼	Cup	Soy Sauce
¼	Cup	Hoisin Sauce

For the Soup:

3	Tablespoons	Toasted Sesame Oil (divided)
1½-2	Pounds	Chicken Thighs, boneless/skinless
1	Small	Broccoli Head
1	Small	Sweet Onion, diced
1	Small	Red Bell Pepper, diced
1	Tablespoon	Fresh Ginger, finely chopped or grated
¼	Teaspoon	Red Pepper Flakes
4	Cloves	Garlic, minced
8	Cups	Chicken Stock
3	Tablespoons	Cornstarch
¼	Cup	Soy Sauce
⅓	Cup	Hoisin Sauce
2½	Cups	Cooked Rice (I used Jasmine)

Directions:

1. In a large container whisk together the marinade ingredients. Place chicken in a zip-top bag. Add marinade and let marinate 1 – 2 hours.
2. Heat 2 tablespoons toasted sesame oil in a large skillet. Carefully place the chicken in the hot oil and cook about 3 – 4 minutes per side. Remove skillet from heat and set aside to cool.

3. Separate the broccoli florets from the stems, cutting the larger florets in half. Set aside. Add a tablespoon of sesame oil to a 4 quart stock pot and heat over medium heat until oil shimmers.
4. Add the onion, peppers, ginger and red pepper flakes and saute until tender – about 4 to 5 minutes. Stir in the garlic and cook another 1 to 2 minutes.
5. Whisk together 2 cups of chicken stock and cornstarch. Stir into the vegetable mix along with the soy sauce and hoisin sauce. Simmer until it thickens.
6. Stir in the remaining stock and bring to a simmer. While the soup is simmering, chop the cooked chicken into bite-sized pieces. Add to the pot with the broccoli florets.
7. When the broccoli florets are al dente, add the cooked rice and simmer until rice and chicken are heated through.