



Ginger Turmeric Chicken Soup

A wellness-inspired soup that combines hydrating coconut water, nutrient-rich bone broth, and aromatic vegetables

Featuring: 2610 Coconut Water Concentrate, 2200 Coconut Cream

Formula

Ingredients

Percent (w/w)

Formula #7000 Coconut Water Stock	39.20%
Chicken Bone Broth, No Sodium	25.96%
Chicken Breast	9.06%
Celery	5.99%
Sweet Potatoes	5.98%
White Onion	5.20%
Kale	3.05%
2200 Aseptic Coconut Cream, No Stabilizers	2.48%
Ginger	0.94%
Garlic	0.76%
Coconut Oil	0.56%
Lemon Juice	0.48%
Salt	0.26%
Turmeric	0.05%
Bay Leaves	0.01%
Black Pepper	0.01%
Thyme	0.01%
Total	100.00%

Directions

1. Prepare Formula # 7000: Coconut Water Stock, prior to making Formula #7015: Ginger Turmeric Chicken Soup.
2. Measure all ingredients. The vegetables, herbs, and chicken will need to be cut into different sizes.
 - Celery, White Onion: ¼” dice
 - Kale: Chiffonade
 - Chicken Breast, Sweet Potatoes: ½” dice
 - Garlic, Ginger: Mince
3. In a medium size pot, heat the coconut oil. Once the oil has melted, add the chicken breast and onions and sauté for 3-5 minutes. Add the celery. Sauté for an additional 3-5 minutes.
4. Add the garlic and ginger, sauté for 2 minutes. Deglaze the pan with the lemon juice, then add Formula #7000: Coconut Water Stock, bone broth, and all spices.
5. Bring to a boil and reduce to a simmer. Simmer for 20 minutes.
6. Add the coconut cream and kale. Simmer for an additional 5 minutes.

Technical Data

pH: 4.89

Percent Fat from Coconut Cream and Coconut Oil: 1.15%



Formula #7000 Coconut Water Stock

A vegan, plant-based alternative to chicken stock made with aromatic herbs, spices, and coconut water.

Featuring: 2610 Coconut Water Concentrate

Formula

Ingredients

	Percent (w/w)
Water	63.05%
White Onion	8.98%
Carrots	7.57%
Leeks	7.25%
Celery	6.31%
2610 Frozen Coconut Water Concentrate	4.16%
Garlic Cloves	0.79%
Parsley	0.79%
Fennel Seeds	0.47%
Black Peppercorns, Whole	0.47%
Bay Leaves	0.16%
Total	100.00%

Directions

1. Weigh all ingredients. The vegetables and herbs will need to be cut into different sizes.
 - Carrots, Celery, Leeks, White Onion: 1/2" dice
 - Garlic: 1/4" dice
 - Parsley: Chiffonade
 - Black Peppercorns, Fennel Seeds: Crushed in mortar and pestle
2. After the vegetables and herbs have been prepared, combine the water, 2610 Coconut Water Concentrate, carrots, celery, leeks, onions, and garlic to a stock pot. Bring the mixture to a boil.
3. Once the mixture is boiling, add the black peppercorns and fennel seeds. Depouillage to remove any impurities and reduce to a simmer.
4. Once simmering, add the parsley. Continue to simmer for one hour.
5. Remove the stock from heat and strain to remove all vegetables, herbs, and spices.
6. Once strained, the stock can be used as a flavorful base ingredient for soup.

Technical Data

pH: 5.89

Brix: 4.5°

Disclaimer

The formulas created by iTi Tropicals Innovation Department are for creative and inspirational purposes only. While formulas are created and tested at iTi, individual results of preparation may vary.

Nutritional information provided is strictly for informational purposes and we cannot guarantee the accuracy of these figures. Be advised that some formulas may contain allergens.

Formulas are not tested for any technical data aside from pH, Brix, and in some cases, juice content. It is up to the discretion of the user to validate any information provided including but not limited to, technical and nutritional data, potential shelf-life, and storage requirements of the finished formula.