

# Madras Chicken Soup

A great Indian spin on the classic feel-good chicken soup. We've added rice and sweet potato to make this a hearty one-dish meal.

## Ingredients:

- 1 small sweet potato
- 1 small red onion
- 4 skinless, boneless chicken thighs
- ¼ cup long-grain rice
- 1 ½ tsp curry powder
- 1 tsp cumin
- 2 (10oz) can undiluted chicken broth or 4 cups chicken bouillon
- 1 cup frozen peas
- 2 green onions, thinly sliced



## Nutritional Information (per serving):

- Calories: 202
- Total Fat: 3g
- Carbs: 26g
- Fibre: 4g
- Protein: 17g

## Preparation:

1. Peel and thinly slice sweet potato, then cut into strips. Chop red onion. Oil a large saucepan and place over medium heat. When hot, add onion and stir occasionally until it starts to soften, about 3 minutes.
2. Meanwhile, slice chicken into bite-sized pieces. Then add to onion, along with potato and rice. Sprinkle with curry powder and cumin. Cook, stirring for 1 minute. Pour in broth and 2 soup cans of water.
3. Cover and bring to a boil over high heat. Then reduce heat to medium-low and boil gently, while covered, until rice is cooked, 15-20 minutes. Stir in peas and green onions. Taste and add salt as desired.