

# Indian Spiced Stew with Chicken and Potatoes

Yield: 4 min  
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/bone-in-chicken-breast-recipe-indian>

## Ingredients:

- 3 tablespoons vegetable oil
- 3 bone-in chicken breasts large skin-on/, or can use boneless
- kosher salt
- freshly ground pepper
- 1 onion small, finely chopped
- 4 cloves garlic chopped
- 1 tablespoon ginger finely grated
- 2 tablespoons tomato paste
- 2 teaspoons Garam Masala
- 2 teaspoons ground cumin
- 2 teaspoons ground turmeric
- 1 1/2 teaspoons ground coriander
- 3/4 teaspoon pepper cayenne, depending on how spicy like it or you can omit
- 3 cups chicken broth low-sodium, plus a bit more thinning, if necessary
- 3/4 cup tomato purée
- 1/2 cup heavy cream can use a lighter cream
- 1/2 pound yukon gold potatoes small, sliced 1/4" thick, or small fingerlings, sliced in half lengthwise

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 185 milligrams
4. Fat: 32 grams
5. Fiber: 5 grams
6. Protein: 53 grams
7. SaturatedFat: 11 grams

8. Sodium: 770 milligrams

9. Sugar: 5 grams

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