

Home-Style Chicken Masala (Indian-Spiced Chicken Stew)

Yield: 7 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-soup-with-vegetables-recipe-indian>

Ingredients:

- 8 chicken thighs I used boneless/skinless
- 2 tablespoons olive oil
- 1/2 teaspoon cumin seeds
- 1 red onion large, diced
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 1 teaspoon ground turmeric
- 3 teaspoons Garam Masala ground
- 2 teaspoons coriander ground
- 2 teaspoons ground cumin
- 1/4 teaspoon chili powder ground, more or less, depending on how spicy it is. Mine is quite spicy.
- 2 Roma tomatoes large, diced
- 2 teaspoons plain yogurt whisked
- 1 bay leaf
- 2 teaspoons salt –or to taste
- 2 cups vegetables whatever you have on hand
- chicken stock
- vegetable stock

Nutrition:

1. Calories: 690 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 225 milligrams
4. Fat: 46 grams
5. Fiber: 3 grams
6. Protein: 50 grams
7. SaturatedFat: 11 grams

8. Sodium: 1490 milligrams
 9. Sugar: 5 grams
-

Thank you for visiting our website. Hope you enjoy Home-Style Chicken Masala (Indian-Spiced Chicken Stew) above. You can see more 19 chicken soup with vegetables recipe indian Dive into deliciousness! to get more great cooking ideas.