

Indian Spiced Chicken Stew

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-south-indian-style-chicken-stew>

Ingredients:

- 1 pinch chili powder Indian, not regular, Mexican, or New Mexican
- 1 pinch turmeric
- 1 pinch garam masala
- 1/4 teaspoon cumin
- 1/4 teaspoon cardamon
- 1/4 teaspoon coriander
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 chicken breast large, ; rinsed and cubed
- 1/2 teaspoon cumin
- 1/4 teaspoon salt
- 2 tablespoons olive oil
- 3 garlic cloves ; grated/minced
- 1 onion ; chopped
- 1 green bell pepper ; chopped
- 1 sweet potato ; peeled and chopped
- 4 ounces mushrooms ; sliced
- 1 can diced tomatoes
- 1 can chickpeas garbanzo beans; drained and rinsed
- 32 ounces low sodium chicken broth
- 1 lime juice of
- 1/4 cup chopped cilantro fresh, ; divided
- 2 tablespoons cornstarch

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams

5. Fiber: 8 grams
 6. Protein: 37 grams
 7. SaturatedFat: 2 grams
 8. Sodium: 850 milligrams
 9. Sugar: 6 grams
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