

Spicy Indian Chicken Soup

Yield: 6 min
Total Time: 105 min

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

Ingredients:

- 1 whole chicken about 4 pounds, cut into pieces, including back
- 8 cups water
- coarse salt
- 2 onions medium, quartered
- 6 garlic cloves smashed
- 1/2 cup fresh ginger coarsely chopped, plus 3 thin slices
- 2 teaspoons vegetable oil
- 1 1/4 teaspoons coriander seeds whole
- 1 teaspoon cumin seeds whole
- 1 teaspoon mustard seeds whole, yellow or brown
- 6 whole peeled tomatoes canned, finely chopped, 1 cup
- 1 serrano chile thinly sliced
- scallions optional
- orange wedges optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 100 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 32 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 270 milligrams
9. Sugar: 2 grams

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