

Chicken Tikka Masala Soup

Yield: 4 min
Total Time: 60 min

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

Ingredients:

- 12 ounces chicken shredded
- 1 tablespoon olive oil
- 1 onion chopped
- 3 cloves garlic minced
- 1 red bell pepper chopped
- 1 green bell pepper chopped
- salt
- 28 ounces crushed tomatoes
- 2 tablespoons tomato paste
- 2 cups chicken broth low sodium
- 3 1/2 cups chickpeas no salt added
- 1/2 cup lite coconut milk canned
- spice mix
- 1 tablespoon spice mix garam masala
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon cumin
- 3/4 teaspoon turmeric
- 1/2 teaspoon canela
- 1 teaspoon ground ginger

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 55 milligrams
4. Fat: 16 grams
5. Fiber: 14 grams
6. Protein: 33 grams
7. SaturatedFat: 8 grams
8. Sodium: 1520 milligrams

9. Sugar: 6 grams

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