

Indian Chicken Rasam(chicken-black Pepper Soup).

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 700 grams chicken part, preferably bone-in
- salt to season
- 3 tablespoons tamarind juice 1 extra spoon to be added later if you prefer a little more sourness to the rasam, you can also use lime...
- 2 tablespoons coriander seeds
- 2 1/2 teaspoons cumin seeds
- 1 tablespoon black pepper increase by 1 teaspoon if needed
- 2 onions medium-sized
- 3 green chillies chopped
- 6 garlic cloves
- 2 inches ginger piece
- 2 tablespoons oil
- 1 teaspoon mustard
- 6 curry leaves
- 3 tomatoes medium-sized, cut into thick wedges
- 1/2 teaspoon turmeric
- 2 teaspoons red chilies powder
- 5 cups water

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 115 milligrams
4. Fat: 13 grams
5. Fiber: 4 grams
6. Protein: 38 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 370 milligrams

9. Sugar: 8 grams

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