

Indian Tomato Chicken

Yield: 6 min

Total Time: 135 min

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

Ingredients:

- 1 onion large, chopped
- 4 cloves garlic chopped
- 1 slice fresh ginger root
- 1 tablespoon olive oil
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon ground cardamom
- 1 piece cinnamon stick
- 1/4 teaspoon ground cloves
- 2 bay leaves
- 1/4 teaspoon ground nutmeg
- 6 skinless chicken thighs
- 14 1/2 ounces whole peeled tomatoes crushed

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 175 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 9 grams
8. Sodium: 560 milligrams
9. Sugar: 1 grams

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