

Indian Chicken and Almond Soup

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 6 tablespoons butter unsalted
- 1/2 leek rinsed free of all dirt between layers
- 8 ounces chicken breast skinless, boneless, cut in small chunks
- 1 teaspoon fresh ginger root minced, optional
- 2 ounces almonds
- 1/4 teaspoon salt
- black pepper
- 1/8 teaspoon cayenne optional
- 1 jalapeno seeded and chopped
- zucchini squash or 1 medium calaba, diced, about 1½c.
- 1/3 cup fresh cilantro chopped, save out few nice leaves for garnish, optional
- 1/2 cup coconut milk
- 1/2 cup cream or more coconut milk if you prefer
- 2 cups chicken broth
- 1 cup water or more if you like your soups thinner
- 1/2 teaspoon Garam Masala

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 105 milligrams
4. Fat: 41 grams
5. Fiber: 3 grams
6. Protein: 20 grams
7. SaturatedFat: 23 grams
8. Sodium: 400 milligrams
9. Sugar: 2 grams

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