

BRC Healthy Meal of the Week

Moroccan Chicken Stew - Another Delicious, Well Balanced Meal Under 400 Calories!

Ingredients (Single Serving)

Total Prep Time 15 minutes

2 teaspoons olive oil
12 boneless, skinless chicken thighs (about 1 1/2 pounds)
salt to taste
freshly ground black pepper
1 cup chopped onion
3 cloves garlic, minced
1 1/2 teaspoons curry powder
1 1/2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 medium butternut squash, peeled, seeded and cubed
2 medium russet potatoes, peeled and cubed
2 medium turnips, peeled and cubed
1 cup low-sodium chicken broth
2 cups canned chopped tomatoes with their juices
2 tablespoons chopped fresh cilantro leaves

Cooking Instructions—Total Cooking Time 45 minutes

1. In a large soup pot or Dutch oven, heat 1 teaspoon of oil over medium-high heat. Season the chicken with salt and pepper. Brown the chicken on both sides, about 4 minutes per side, and transfer to a platter.
2. Turn the heat to medium and heat the remaining oil in the same pot. Add the onion and cook for 5 minutes. Add the garlic and cook for 1 more minute. Add the curry powder, cumin and cinnamon, and cook, stirring frequently for 1 minute.
3. Add the chicken, squash, potatoes, turnips, chicken broth and tomatoes and simmer until the chicken is tender, about 25 minutes. Season with salt and pepper and sprinkle with cilantro. Serve in warm soup bowls.

Nutrition Facts

Serving Size is about 1 Bowl or 2 Cups of Stew

- Calories 288
- Protein 23 g
- Total Carbohydrate 26 g
- Dietary Fiber 4 g
- Soluble Fiber 1 g
- Insoluble Fiber 1 g
- Sugar 7 g
- Total Fat 11 g
- Saturated Fat 3 g
- Monounsaturated Fat 5 g
- Polyunsaturated Fat 2 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g
- Omega-6 Fatty Acid 1 g
- Cholesterol 73 mg
- Percent Calories from Fat 34 %

