

NORTH AFRICAN CHICKEN SOUP

Time: 30 minutes

Serves: 4

Ingredients:

4 cups chicken stock
2 cups carrots – matchstick-cut or grated
1 clove garlic – minced
14 ounce can diced tomatoes
14 ounce can chickpeas – rinsed and drained
1 teaspoon curry powder
¼ teaspoon cinnamon
¼ teaspoon cayenne pepper (optional)
1 large boneless-skinless chicken breast – cubed to ½”
4 cups baby spinach
½ cup whole wheat couscous

Preparation:

Stir the stock, carrots, garlic, tomatoes, chickpeas, curry, cinnamon and cayenne together in a large pot over high heat and bring to a boil.

Reduce heat and simmer uncovered for five minutes, adding the chicken after two minutes.

Turn off burner, stir in spinach and couscous then cover. Let rest for two minutes and serve.

Nutritional Information Per Serving:

Calories: 314
Fat: 3g
Carbs: 50g
Fibre: 9g
Protein: 24g