

## LiveBetter with MedWatch

### Moroccan Chicken Soup

#### Ingredients

- 1 Tbsp. sweet paprika
- 2 tsp. ground cumin
- ½ tsp. ground coriander
- 1 pound chicken breasts, boneless and skinless
- 1 Tbsp. olive oil
- 2 onions, chopped
- 2 cloves garlic, minced
- ½ tsp. saffron threads, crushed (optional)
- ¼ tsp. cayenne pepper
- 1 cinnamon stick
- 6 cups reduced-sodium chicken broth, defatted
- ½ small butternut squash, peeled and diced (1 cup)
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 carrot, grated
- 2 Tbsp. fresh lemon juice
- ¼ cup chopped fresh mint or parsley

#### Preparation

1. In a small bowl, combine paprika, cumin and coriander.
2. With a sharp knife, trim fat from chicken and cut chicken into ½ inch strips. Transfer to a bowl and toss with 1 tablespoon of the spice mixture.
3. In a Dutch oven or large pot, heat oil over medium heat. Add chicken and cook 3 to 4 minutes until browned. Transfer to a plate and set aside.
4. Add onions and garlic to pot and cook, stirring, until softened, about 5 minutes.
5. Add saffron (if using), cayenne pepper, cinnamon stick and remaining spice mixture; cook, stirring, for 1 minute.
6. Add broth, squash, red pepper and reserved chicken. Bring to a boil. Reduce heat to low and simmer, uncovered, for 10 minutes.
7. Add zucchini and carrot; simmer until vegetables are tender and chicken is cooked through, about 5 minutes. Discard cinnamon stick.
8. Season soup with lemon juice. Ladle into bowls and garnish with mint or parsley.

Makes 6 main-course or 10 first-course servings.



#### Nutrition Analysis

Per serving: 180 calories, 20 g protein, 4 g fat (0.6 g saturated fat), 13 g carbohydrate, 620 mg sodium, 48 mg cholesterol, 2 g fiber



LiveBetter with MedWatch is made possible in part by a gift from Cambridge Homes.