

Curried Chicken Chowder Soup

Ingredients:

1 Tbsp canola oil
1 medium Granny Smith apple, peeled, cored and chopped
1 small onion, chopped
1 small carrot, chopped
2 cloves garlic, minced
2 Tbsp all-purpose flour
1 Tbsp curry powder
1 tsp ground cumin
5 cups low-fat, reduced sodium chicken broth
½ cup chopped tomato
1 large potato, peeled and diced
1 lb pre-cooked rotisserie chicken, skin removed and cut into strips
Salt and black pepper to taste
½ cup chopped cilantro

Directions:

- 1) In a large saucepan, heat oil over medium heat. Add apple, onion, carrot, and garlic and sauté until tender, 5 to 6 minutes.
- 2) Add flour, curry and cumin and cook 2 minutes, stirring constantly.
- 3) Lower heat and cook at a gentle simmer, 20 minutes. Add salt, pepper, and chicken strips and heat for 2 to 3 minutes. Sprinkle cilantro on before serving.

Serves 4

Per Serving: 267 calories, 34g protein, 21g carbohydrates, 5g fat, 1g saturated fat, 66mg cholesterol, 3g fiber, 174mg sodium.

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