

Moroccan Chicken & Sweet Potato Soup

INGREDIENTS

- 2 TBSP olive oil
- 1 cup chopped onion
- 2 large cloves garlic, minced
- 1½ tsp ground cumin
- ½ tsp ground cinnamon
- ¼ tsp cayenne pepper
- 8 cups low-sodium chicken broth
- 3 cups diced sweet potato
- 2 cups diced red bell pepper
- 2 cups green beans
- 15oz can chickpeas, rinsed
- 1¼ teaspoons salt
- ½ teaspoon ground pepper
- 2 lbs chicken breast

SERVING SIZE: 1.5 CUPS
SERVINGS:8

PREP TIME: 1 HOUR
COST PER SERVING \$2.10

DIRECTIONS

Heat oil over medium heat. Add onion & garlic until softened. Add cumin, cinnamon & cayenne; cook, stirring, for 1 minute. Add broth & chicken; bring to a simmer with lid. Uncover and cook until chicken reads 165°F, 20 to 22 minutes.

Skim any foam from the surface. Remove chicken to cutting board and shred. Meanwhile, add sweet potato, bell pepper and green beans to the pot; bring to a simmer.

Cook until the vegetables are tender, 4 to 10 minutes. Stir in the shredded chicken, chickpeas, salt and pepper and cook until heated through, about 3 minutes more.



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Nutrition Facts & Quick Bites

Total Cost of this Meal: \$16.66

Cost per Serving: \$2.10

*Based on prices at Giant Eagle; prices may vary at other stores

Nutrition Facts per Serving

	Grams (% Daily Value)
Calories	281
Total Fat	8g
Carbohydrate	26g
Fiber	6g
Protein	26g
Sodium	563mg
Potassium	794mg
Calcium	72mg
Iron	3mg



- Add harissa (a North African hot chili pepper paste. Made from roasted red peppers and spices) or another spice/sauce to taste.
- Sweet Potatoes are an excellent source of beta carotene, which your body transforms into vitamin A.
- Vitamin A can help with vision and immunity!
- This dish is loaded with potassium, protein and fiber!

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