

MIX VEGETABLE CHICKEN SOUP

Course: Lunch

Prep Time: 15 minutes

Cooking Time: 20 minutes

Total: 35 minutes



INGREDIENTS:



Red onion
1/3, medium



Bell pepper
1/2, medium



Potatoes
5 OZ



Boneless chicken thighs
2



Low sodium broth
1/2 cup



Tomatoes
4 OZ



Garlic
1 clove



Olive oil
1 tsp



Water
As needed



Salt
As needed



Pepper
As needed

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METHOD:

Step 1:

Add olive oil to a heated pan. Now, add in chopped onion and garlic. Let it cook for some time.

Step 2:

Add bell pepper and cook. Cut boneless chicken thighs into slices and add it as well. Add salt and pepper to taste and let it cook for some time.

Step 3:

Now add tomato and potatoes. Pour sodium broth into the pan. Add some water and let it boil.

Step 4:

Remove it after it becomes thick. Sprinkle coriander on top and serve hot.

NUTRITIONAL INFORMATION:

Calories	370 kcals
Fat	12 g
Protein	29 g
Carbs	38 g
Cholesterol	124 mg