



GOAN CHICKEN & POTATO SOUP

RECIPE FROM JEANETTE TURNER | SERVES 4

Add a second chili pepper if you prefer a hotter soup. Vegetarians can replace the chicken with 1 15 oz. can of garbanzo beans, rinsed and drained.

- 2 tablespoons coconut oil
- 2 teaspoons black mustard seeds
- 1 onion, diced
- 1-2 red chili peppers, seeded and finely chopped
- 1 lb. boneless skinless chicken breast or thigh, cut into bite size pieces
- 3 cups water
- 1 lb. potatoes, peeled and cubed
- ½ teaspoon turmeric
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1 14-oz. can coconut milk
- 1 5-oz. bag baby spinach
- 1 teaspoon lemon juice
- cilantro leaves

Warm the oil in a soup pot. Add the mustard seeds, cover, and cook over medium heat until they pop, around 1 minute.

Add the onion and chili peppers, and sauté about 5 minutes, stirring occasionally.

Add the chicken and continue cooking for 5 more minutes, stirring occasionally.

Add the water, potatoes, turmeric, curry powder, and salt. Bring the soup to boil. Simmer 15 minutes. When the potatoes are soft, mash some of them against the side of the pot to thicken the soup.

Add the coconut milk, chickpeas if using, spinach, and lemon juice. Bring to boil and cook 1 minute, until the spinach wilts. Adjust for salt. Serve garnished with cilantro leaves.

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