
Indian Green Chile Chicken Thigh Stew

Adapted from Indian Simmer blog, 2016



Servings: 6

1. Preheat oven to 325°F.
2. Heat the oil and add the cumin seeds and wait until they begin to sizzle. Add the chopped onions and saute until translucent. Add in ginger and garlic and cook for about a minute.
3. Add chicken and salt and cook for 3 to 4 minutes. Stir in the tomato and mix well. Add chicken broth, cilantro, curry powder and chilies and stir well. Cover and bake for about 45-55 minutes. Taste for seasonings. Add in yogurt and stir until thoroughly mixed in. Heat mixture slightly, but do not let it come to a complete simmer or it will separate.
4. Garnish with more cilantro and additional chopped chiles (if desired) and serve with basmati rice.

2 tablespoons grapeseed oil
1 teaspoon cumin seeds, whole
1 medium yellow onion, diced
2 tablespoons fresh ginger, grated using the wide side of a box grater
3 cloves garlic, minced
2 pounds boneless skinless chicken thighs, cut into 1" cubes
Salt to taste
1 tablespoon Madras curry powder, optional
1 medium tomato, chopped
2 whole Anaheim chili pepper, seeded, chopped
1 large poblano chile, seeded, chopped
1 small yellow chile, seeded, chopped
3/4 cup low-sodium chicken broth
3/4 cup cilantro, chopped
3/4 cup Greek yogurt, full-fat
More chopped cilantro for garnish
Basmati rice, to accompany

Per Serving (excluding unknown items): 319 Calories; 18g Fat (49.8% calories from fat); 31g Protein; 11g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 299mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.

Carolyn T's Blog: tastingspoons.com
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