

# Indian Chicken Stew

*All-Time Favorites 2012 Cookbook  
Better Homes and Gardens Magazine*

## Servings: 8

*2 pounds boneless/ skinless chicken thighs, cut into one-inch pieces*  
*1 medium onion, chopped*  
*3 cloves garlic, minced*  
*5 teaspoons curry powder*  
*2 teaspoons ground ginger*  
*1/2 teaspoon salt*  
*1/4 teaspoon black pepper and/ or cayenne pepper*  
*2 cans (15 ounce) garbanzo beans (chickpeas), rinsed and drained*  
*2 cans (14.5 ounce) diced tomatoes, undrained*  
*1 cup chicken broth*  
*1 bay leaf*  
*2 tablespoons lime juice*  
*1 package (9 ounce) fresh spinach (optional)*  
*hot cooked rice (optional)*

## Preparation Time: 15 minutes

## Cook Time: 8 hours

Lightly coat a six-quart slow cooker with nonstick cooking spray or oil.

Add the chicken, onion and garlic to the slow cooker. Add the curry powder, ginger, salt and pepper to the slow cooker. Toss to coat. Stir in the drained beans, undrained tomatoes, broth and bay leaf. Cover and cook on high-heat setting for 4 to 5 hours or low-heat setting for 8 to 10 hours.

Stir the lime juice into the cooked stew. Stir the spinach leaves into the stew and let stand for 2 to 3 minutes to wilt.

Serve with rice.

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Per Serving (excluding unknown items): 28 Calories; 1g Fat (15.8% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 234mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	28	Vitamin B6 (mg):	.1mg
% Calories from Fat:	15.8%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	65.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	18.3%	Riboflavin B2 (mg):	trace
			13mcg

**Total Fat (g):** 1g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 1g  
**Sodium (mg):** 234mg  
**Potassium (mg):** 182mg  
**Calcium (mg):** 16mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 11mg  
**Vitamin A (i.u.):** 295IU  
**Vitamin A (r.e.):** 29 1/2RE

**Folacin (mcg):**  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 28 **Calories from Fat:** 4

### % Daily Values\*

<b>Total Fat</b>	1g	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	234mg	10%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	5%
<b>Protein</b>	1g	
<b>Vitamin A</b>		6%
<b>Vitamin C</b>		19%
<b>Calcium</b>		2%
<b>Iron</b>		4%

\* Percent Daily Values are based on a 2000 calorie diet.