

## Chicken

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# Moroccan Chicken Stew

Relish Magazine

**Servings: 4**

**2 tablespoons olive oil**  
**8 skinless, bone-in chicken thighs**  
**2 medium red onions, sliced**  
**1 large green pepper, cut into 1" pieces**  
**2 cloves garlic, finely chopped**  
**1 teaspoon ground cinnamon**  
**1 tablespoon curry powder**  
**1 can ( 10 3/4 oz) Condensed Tomato soup, .33**  
**golden raisins 1% low-fat milk, can (15 oz)**  
**1 can (15 oz) chickpeas (garbanzo beans), rinsed and drained**  
**1/3 cup slivered almonds, toasted**

Heat oil in 5-quart saucepot over medium-high heat. Add chicken and cook until well browned on both sides. Remove chicken from saucepot.

Reduce heat to medium. Add onions, pepper and garlic and cook 5 minutes or until tender-crisp. Add cinnamon and curry and cook and stir for 1 minute. Stir in soup and heat to a boil. Return chicken to saucepot. Reduce heat to low. Cover and cook for 15 minutes.

Stir raisins and chickpeas in saucepot. Cook 10 minutes or until chicken is cooked through. Stir in almonds.

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Per Serving (excluding unknown items): 220 Calories; 14g Fat (55.4% calories from fat); 5g Protein; 21g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 353mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 2 1/2 Fat.