

Foodnity Recipes

Murgh Shorba – Indian Chicken Soup

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Indian** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lbs chicken thighs, bone-in and skin-on, cut into chunks
- [ ] 1 large onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 2 medium tomatoes, diced
- [ ] 1 carrot, sliced thin
- [ ] 1 cup green peas (fresh or frozen)
- [ ] 2 tbsp vegetable oil
- [ ] 1 tsp cumin seeds
- [ ] 1 tsp ground coriander
- [ ] 1/2 tsp garam masala
- [ ] 1/2 tsp turmeric powder
- [ ] 1/4 tsp red chili powder (optional)
- [ ] Juice of half a lemon
- [ ] 1 tsp honey
- [ ] Salt to taste
- [ ] Fresh cilantro leaves for garnish

Instructions

1. Heat oil in a heavy pot over medium heat, add cumin seeds and let them sizzle for a few seconds.
2. Add the chopped onion and garlic, sauté until soft and golden, stirring gently so they don’t brown too quickly.
3. Stir in the ground coriander, turmeric, garam masala, and chili powder; toast for 30 seconds to release aromas.
4. Add the chicken pieces, turning to coat them in the spice blend; sear until lightly browned on all sides.
5. Pour in the diced tomatoes and a splash of water (about 3 cups). Bring to a gentle boil, then reduce to a simmer.
6. Add carrot and peas, cover, and let the soup simmer for 15-20 minutes, or until the chicken is tender.
7. Finish with lemon juice, honey, and adjust salt. Sprinkle fresh cilantro and serve hot.

Nutrition per serving

280 kcal	25 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker broth, blend a small portion of the soup and stir back in.
- For a richer mouthfeel, add a spoonful of plain yogurt just before serving.
- A dash of smoked paprika can add depth without increasing heat.