

## Moroccan Chicken & Sweet Potato Soup

### Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- 2 large cloves garlic, minced
- 1 ½ teaspoons ground cumin
- ½ teaspoon ground cinnamon
- ¼ teaspoon cayenne pepper
- 8 cups low-sodium chicken broth
- 1kg bone-in chicken breasts, skin removed
- 3 cups diced sweet potato
- 2 cups diced capsicum
- 2 cups green beans cut into 2cm pieces
- 1 can chickpeas, rinsed
- 1 ¼ teaspoons salt
- ½ teaspoon ground pepper
- 1 teaspoon harissa, or to taste



### Method

- Heat oil in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until softened, 2 to 3 minutes.
- Add cumin, cinnamon and cayenne; cook, stirring, for 1 minute.
- Add broth and chicken. Cover, increase heat to high and bring to a simmer. Uncover and cook, turning the chicken occasionally until cooked through. Skim any foam from the surface as the chicken cooks.
- Transfer the chicken to a clean cutting board. When cool enough to handle, remove the meat from the bones and shred.
- Add sweet potato, bell pepper and green beans to the pot; return to a simmer.
- Cook until the vegetables are tender, 4 to 10 minutes.
- Stir in the shredded chicken, chickpeas, salt and pepper and cook until heated through, about 3 minutes more. Remove from heat and stir in harissa.

<https://www.eatingwell.com/recipe/251278/moroccan-chicken-sweet-potato-soup/> accessed 11 June 2021