

Afghani chicken soup – Yakhnee (yach-nee)

Serves 4



I like to use with bones and then shred chicken after soup is near done
doesn't peel carrots

6T olive oil

1 large yellow onion, medium dice

2 (370g) ripe red tomatoes, medium dice

1 cup (152g) yellow or red lentils, or a cup of rice

2 (1 1/2-2 pounds) bone-in chicken breast

2 large carrots, cut into 2-inch pieces

2 large (726g) russet potatoes, peeled and cut into 1 1/2 -inch half moons

1 bunch cilantro, leaves and stems roughly chopped

1T (7g) turmeric

1T (6g) coriander

1t cayenne

1T (6g) cardamom

1 T salt

1/2 t black pepper

Handful fresh spinach

8 cups cold water

Place a large pot over medium high heat and cook onions in vegetable oil until they begin to become translucent, about 3-4 minutes. Add tomatoes and cook just until tomatoes release their juices, about 3 minutes. Add remaining ingredients, then bring to a boil. Immediately turn to a gentle simmer and cook until vegetables are tender, chicken is cooked, and soup has thickened, about 20 minutes.

Chicken is cooked when a thermometer reads 165F when inserted into the thickest part of the breast. Juices of chicken should run clear. When chicken is cooked, remove chicken from pot and allow to cool enough to handle. Remove chicken skin and discard. Shred all meat, discard bones and add shredded chicken back to soup. Season salt and pepper.