

Chicken & Oats Soup

Prep & Cook Time: 90 minutes Serves: 4-6 Meal Type: Main



Ingredients:

- 1 medium onion, diced
- 1 whole chicken (with bones), cut into pieces
- 1/2 Kg tomatoes purée or 1 can of crushed tomatoes
- 1 chicken cube
- 1 tbsp cumin
- 1 1/2 cups oat meal
- 3 tbsp oil
- black pepper, to taste
- salt, to taste
- water

Method:

1. Heat oil in a pot and sauté onions until golden brown.
2. Add chicken and tomatoes and cook for 5-10 minutes over high heat.
3. Fill half of the pot with water, cover and cook over low heat for about an hour or until the meat becomes tender.
4. Add in the oats, stirring continuously.
5. Cook this for about 10-15 minutes, stirring to prevent it from sticking on the bottom. Also add more water as it evaporates to maintain the desired consistency. Some like it thicker and others thinner.
6. Lastly, add in chicken cube, cumin, black pepper and salt, cook for about 5 more minutes so the spices can blend in.
7. Squeeze half lemon juice before serving.
8. Serve with bread sticks or garlic bread.

*You can add garlic, green chilies, red pepper to make it spicy.

* Sunah Tips:

- Prophet Muhammad ﷺ ate only one kind of meat at a time.
- It's sunnah not to drink water immediately after meals.