



## Tangy Yogurt Self-love Soup

2 shallots, chopped  
1 clove garlic, chopped  
2 small potatoes, diced  
1 small green pepper, diced  
1 chicken breast, diced  
1 cup chicken stock  
1/4 cup of Penzeys Vindaloo Seasoning  
1 quart yogurt (I used whole milk)  
Salt  
Cashews  
Jalapeno, sliced

Soften the shallots and garlic in some oil over medium low heat. Add the vindaloo, and heat it up a bit, add the chicken and cook it until it browns a little, add the potatoes and the chicken stock, put a lid on it and cook it for 5 minutes on medium. Then add the green peppers and the yogurt, stir it well, bring it back up to heat and taste it for salt. Serve it with jalapenos and cashews afloat in its tangy, spicy goodness. This actually makes enough for more self-love later...aren't you lucky?