

Chicken Curry Without Worry

A Dinah Shore cook-off winner from 1972



- 2 slices bacon
- 2 whole onions, diced
- 2 cloves garlic, minced
- 4 stalks celery, chopped
- 3 large chicken breast halves without skin, cooked, bones removed, diced
- 2 tablespoons flour
- 1 cup applesauce
- 14 ounces chicken broth, low salt
- 1 cup milk, or coconut milk
- 4 teaspoons curry powder
- 1 tablespoon garam masala
- 5 tablespoons tomato paste
- 1 cup canned pineapple chunks, diced
- Salt and pepper to taste
- 1/3 cup raisins
- 1/4 cup bell peppers, chopped, your choice of color
- 3 cups cooked rice
- salt and pepper to taste

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

If you have the ingredients at hand, this is a dish you can whip up in a few minutes. The original recipe used twice as much bacon. I sometimes make it with no bacon at all, just a teaspoon or two of canola oil to saute the vegetables. I usually add the raisins in with the hot mixture, and the pineapple can be a condiment or part of the curry sauce itself. Dinah Shore demonstrated this on her TV show, and it's has been an occasional recipe I've used ever since. Particularly when I have leftover chicken, which is a perfect use for this.

1. Prep all the ingredients and have them ready when you're beginning to cook. Start the rice so it's done just as you're about to serve the meal.
2. After you've cooked the bacon, pour off most of the grease, then in what's left sauté the onions and celery until they're soft. Add garlic, flour, and cook a few minutes, then add the applesauce, broth, milk, curry powder and tomato paste. Simmer a few minutes until thick and bubbly. Add diced chicken and heat through.
3. Serve over rice with raisins, red or green pepper bits, avocado, bacon on top, and serve hot chutney on the side.

Per Serving (excluding unknown items): 361 Calories; 4g Fat (10.6% calories from fat); 22g Protein; 60g Carbohydrate; 4g Dietary Fiber; 42mg Cholesterol; 440mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat.