

Croce's Mulligatawny Soup

Adapted from Pink Parsley Blog, and she got it from the magazine, Cuisine Tonight: Grilling, 2011
<http://www.pink-parsley.com/2011/05/steakhouse-mushroom-burgers-with.html>



A very hearty soup - certainly sufficient for a dinner meal.

- 1/2 cup unsalted butter
- 3/4 cup onion, diced
- 3/4 cup celery, diced
- 3/4 cup carrots, diced
- 4 cloves garlic, minced
- 1 1/2 pounds cooked chicken
- 1 1/2 teaspoons turmeric
- 1 tablespoon fresh ginger, minced
- 1 teaspoon ground cumin
- 3 tablespoons curry powder
- 1 quart chicken stock
- 3/4 cup flour, [maybe less]
- 3 cups heavy cream
- 1/4 cup fresh lemon juice
- 1 1/2 cups cooked basmati rice, [maybe a bit less]
- 1 tablespoon Sriracha sauce, or Tabasco (more if desired)
- 1 teaspoon freshly ground black pepper
- Salt to taste
- 4 tablespoons fresh parsley, minced

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

Servings: 8

The recipe is from Ingrid Croce

1. **CHICKEN:** Ideally use chicken breast meat - plunge the boneless, skinless breasts into a pot of just simmering water or low-sodium chicken broth. Simmer for about 5 minutes, until just barely cooked (and it can be pink inside because it will get cooked further in the soup).
2. Melt butter in large saucepan and add onions, celery, carrots, for about 5-7 minutes until just beginning to brown. Add garlic during last minute of cooking.
3. Stir in seasonings and flour. Continue to cook over low flame (bubbling slightly) for about 5 minutes. Do not burn it!
4. Gradually add about half of the chicken stock and bring to a boil. Add all the cream, lemon juice, and Sriracha sauce. Then add salt and pepper to taste.
5. Cook for about 10-15 minutes, checking for consistency and thin out the soup with the remaining chicken stock until it's the consistency you prefer (I like it a bit thinner).
6. Add chicken meat and rice just during the last 2-3 minutes of cooking time. Soup should be medium-thick and creamy. Add more chicken broth as needed.
7. Serve in bowls with minced parsley sprinkled on top.

Per Serving (excluding unknown items): 680 Calories; 49g Fat (65.5% calories from fat); 32g Protein; 27g Carbohydrate; 3g Dietary Fiber; 226mg Cholesterol; 1239mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 9 Fat.