

Mulligatawny Soup

I believe this recipe came from a magazine article from 1971, but I have no notes about it.



A wonderful, aromatic soup for a cold, winter evening

- 1 whole onion, diced
- 2 whole carrots, diced
- 2 stalks celery, diced
- 2 tablespoons olive oil
- 1 1/2 tablespoons flour
- 1 tablespoon curry powder
- 1 cup water
- 4 cups low sodium chicken broth
- 1/2 cup apple, diced
- 1/2 cup rice
- 1/2 cup cooked chicken, diced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon thyme
- 1/2 cup fat free half-and-half

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

Servings: 4

One of the keys to this soup is the apple - you just don't expect it in a soup. It's important to use a tart, firm apple, not one that will turn into mush (so use a Pippin or Granny Smith only). I believe this soup has its origins from the African continent. Over the years I've seen other variations, but this one was always the best tasting to me. I like the little bit of crunch of the apple added at the end - otherwise the soup is fairly soft.

1. Heat olive oil in a medium-deep pan, then add onion, carrot and celery. Stir and heat the vegetables, then sprinkle the flour over them, adding the curry powder as well. Cook for about 5 minutes.
2. Add chicken broth and water and simmer for about 20 minutes. Add rice and continue to cook for about 10 more minutes. Add half the apple and seasonings and simmer for about 15 minutes.
3. Just before serving, add the remaining apple, the chicken and half and half and heat until the soup just barely comes to a simmer again.

Per Serving (excluding unknown items): 298 Calories; 8g Fat (25.0% calories from fat); 19g Protein; 35g Carbohydrate; 3g Dietary Fiber; 15mg Cholesterol; 1129mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.