

Indian Chicken Curry

A spicy, aromatic dish with an Indian flavor that has chicken, potatoes, and rice topped with fresh chopped tomatoes.

Servings: 9

Ingredients:

2 tsp Ground Red Pepper
2 tsp Curry Powder
2 tsp Chili Powder
1 tsp Salt
1 tsp Ground Coriander Seeds
1 tsp Ground Ginger
1 tsp Ground Cumin
1 tsp Ground Cinnamon
3 Tbsp Butter
1 cup Chopped Onion
2 Garlic Cloves Minced
4 Skinless, boneless chicken breasts, cut into 1" pieces
1(6-ounce) Carton Plain Fat-free Yogurt
1(6-ounce) Can Tomato Paste
5 cups Cubed Peeled Baking Potato, about 2 ½ pounds
4 cups Water
4½ cups Hot Cooked Basmati Rice prepared according to directions on box
⅔ cup Chopped Tomato



Directions:

1. In a small mixing bowl, combine first 8 ingredients and set aside. Melt butter in a Dutch oven over medium heat. Add onion and garlic; cook 5 minutes, stirring frequently. Stir in spice mixture; cook 5 minutes, stirring frequently. Add chicken, cook 10 minutes, stirring frequently.
2. Combine yogurt and tomato paste; stir with a whisk. Add yogurt mixture, potato, and water to pan. Bring to a boil. Cover, reduce heat, and simmer 1 hour, stirring occasionally. Serve over rice; top with tomato.

Helpful Tips:

Service size: 1 cup curry mixture, 1/2 cup rice, and about 1 tablespoon tomato.