

Recipe – Chicken Curry Stew

Ingredients:

- One chicken simmered for an hour in water to just cover (save the broth) OR a rotisserie chicken plus 1 – 2 quarts chicken broth, we use Better Than Bouillon.
- 3 TBS curry powder
- Olive oil
- One large onion, chopped
- 2-inch piece of ginger, grated fine
- 4 cloves garlic, minced
- Butternut squash cubed or any low carb vegetables you like
- Salt to taste, if permitted
- A few drops stevia
- 1 cup chopped toasted pecans

Directions:

In enough oil to coat the bottom of the pan, fry 3 TBS curry powder for about one minute, stirring. Do not allow it to smoke. Add a large chopped onion, 2-inch piece of ginger and 4 garlic cloves.

Peel, seed and cube a medium butternut squash or any low carb vegetables you like. Add to the pot and stir fry for a few minutes.

Add the broth and simmer the vegetables until almost tender, about 20 minutes.

Bone, skin and shred the chicken meat and add to the vegetables. Use the amount of broth you need to make the consistency somewhere between a typical soup and a stew.

It will need salt and may need some chicken soup bouillon if you just boiled the chicken briefly. Taste it, you may want a couple drops of stevia.

Serve with chopped, toasted pecans to give it some crunch.

Makes 6 – 8 dinner portions.