

# Mulligatawny Stew

## Ingredients (makes 8 servings)

2 whole boneless skinless chicken breast, seasoned with salt and pepper, then oven roasted  
1 large organic carrot, peeled and cut on a bias  
2 medium organic potatoes, peeled and cubed, then oven roasted  
4 ribs of organic celery  
salt and black pepper to taste  
4 tbsp organic sunflower oil  
1 whole medium onion  
3 cloves garlic, minced finely  
1 tbsp curry powder  
32-oz chicken broth  
2 cans organic coconut milk  
1 whole organic Granny Smith Apple, peeled & diced  
2 tsp salt to taste  
freshly ground black pepper  
Cayenne pepper (optional, for spice)

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## Preparation

In a pot, melt butter at a medium heat. Add diced onion, carrots, and garlic and stir while it cooks. Once onions start to brown, stir in curry powder. Cook mixture over medium heat for one minute, stirring constantly. Pour in chicken broth. Stir to combine, and then cook for five minutes. Add coconut milk, salt, and pepper, and then cook for another five minutes. Add chicken, potatoes, and diced apple and cook for another 5 to 10 minutes. Turn off and allow to stand 5 or 10 minutes before serving. Taste for seasonings and adjust as necessary before serving.