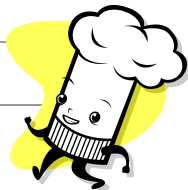

Chicken Curry – serves 4



Ingredients:

1tsp	Minced garlic
2	Onions chopped
1 cup	Sliced baby carrots
1 tbsp	Mild curry powder (or other you your liking)
3 tsp	Canola oil
½ cup	Flour
3 ½ cup	Chicken broth
2 cup	Diced cooked chicken
1	Chopped, unpeeled apple
½ cup	Golden raisins
¾ tsp	Salt
2 cup	Cooked rice

Directions: Heat oil in a skillet, add onions, carrots on low for 6 mins. Sprinkle with curry and garlic. Add flour and cook for 2 mins. Pour in broth, stir until thick. Stir in chicken, apples, raisins, and salt. Simmer covered for 10 mins or until thick. Serve with of over rice.