



At Home, Speed Scratch and Budget Friendly

Suppers Made Simple

Making Life Delicious with Taste of Gourmet

East Indian Curry

Use this mix to prepare 2 or 3 meals – one to eat now and one or two **Bonus Meals** to freeze or refrigerate for later. Enjoy the original Curry or create an entirely different meal using the prepared Curry! Eat well, eat healthy, eat economically and spend less time in the kitchen!

From Evelyn:

Pub lunch menus in England almost always include a chicken curry served over rice with chutney on the side. Our favorite pub was The Bell in Clare, where we sat near the fire, the kids perched on stools, enjoying The Bell's smooth, flavorful and softly spiced chicken curry. Ours is not the traditional HOT Indian curry, it is an Anglicized recipe that excites the taste buds instead of igniting them!

Basic Recipe for East Indian Chicken Curry

Serves 8

2 ½ to 3 lb. chicken breasts or thighs
1 can (14.5 oz) diced tomatoes
1 can of water
1 pkg. **East Indian Curry**

- Place chicken in crock pot (or baking dish)
- Mix tomatoes, water and curry. Pour over chicken.
- Cover and cook: 6 to 8 hours on low in crock pot **or** 1 hour at 350 in oven
- **Note:** East Indian Curry can be eaten immediately, refrigerated for several days or frozen.

To Freeze: Using a large serving spoon, divide cooked Curry into freezable containers to fit **YOUR** family's portion size. For Meal Two set aside 4 to 5 cups to make the Chicken Artichoke Casserole.

Grocery List

Meal One - Basic Recipe

2 ½ to 3 lb boneless skinless chicken breasts or thighs

1 can (14.5 oz) diced tomatoes

Meal Two - Bonus

1 can (14 oz) artichoke hearts

1 can (8 oz) mushroom pieces

Sour cream (8 oz)

Mayonnaise (1/2 cup)

½ cup slivered almonds, cashews or pecans for topping

1 can (8 oz) sliced water chestnuts (optional)

Meal One

Serve hot **East Indian Curry** over rice with **Cranberry Chutney** on the side. (Rice for 4-5 servings included in mix.)

To cook rice: Bring 2 ¼ cups of water and ½ teaspoon salt to a boil. Add rice, bring back to boil, cover and reduce heat to low. Cook for about 20 minutes

For Complete Meal: Add green peas and fresh spinach salad with citrus fruit tossed with **Tangy Tomato Dressing** and piping hot **Bayou Beer Bread**.

Variation: Make **East Indian Curry** with thinly sliced strips of beef or with cubed beef. Use 2 ½ to 3 lbs of beef and cook the Curry in a crock pot as directed on the package.

Meal Two - Bonus Chicken and Artichoke Casserole

Serves 6

- 4 to 5 cups of prepared **Chicken Curry** (about half of recipe)
- 1 can (14 oz) artichoke hearts, drained and chopped
- 1 can (8 oz) mushroom pieces, drained
- 8 oz sour cream
- ½ cup mayonnaise
- 1 can (8 oz) sliced water chestnuts, drained (optional)
- ½ cup slivered almonds, cashews or pecans for topping

- Place prepared *Chicken Curry* in large bowl and dice or shred chicken.
- Add rest of ingredients, mixing well.
- Pour into buttered baking dish (2-3 quarts.)
- **Note:** Casserole can be held at this point for three days refrigerated, or it can be frozen.
- When ready to serve, top with slivered almonds, cashews or pecans.
- Bake until bubbly – 35 to 45 minutes at 350 degrees.

To freeze prepared Casserole: Wrap tightly and freeze until needed. Thaw overnight in refrigerator. Add nut topping and bake until bubbly.

For Complete Meal: Add steamed asparagus or broccoli, fresh fruit salad with *Vidalia Salad Dressing* and *Roasted Onion Garlic Bread*.

“Suppers Made Simple” features one of the four delicious mixes in the Crock Pot Collection that includes:

New Orleans Beef White Bean Casserole
East Indian Curry Tuscan Bean and Pasta Soup

East Indian Curry - Basic Recipe

WW Points – 3 with 1 chicken breast

Ingredients: Rice, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin) dehydrated vegetables (onion, bell peppers) salt, pepper, garlic, spices.

Nutrition Analysis: Dry Mix Only: 8 servings: Calories 22, Calories from Fat 0, Tot. Fat 0g, Saturated Fat 0g, Trans Fats 0g, Cholesterol 0mg, Sodium 482mg, Carbohydrate 5g, Dietary Fiber 1g, Sugars 0g, Protein 1g.

NOTES:

Keep your Pantry Packed with Taste of Gourmet!
Your Gourmet Consultant is:

www.MyBabyCanCook.com