

Curried Winter Squash and Chicken Stew



INGREDIENTS (Serves 4 – 6)

- 1 pound boneless chicken breast, diced
- 2 cups yellow onion, diced (1 large)
- 1 tablespoon fresh garlic, minced
- 2 tablespoons olive oil
- 2 tablespoons curry powder
- 2 teaspoons cumin, ground
- ½ teaspoon cinnamon
- 1½–2 cups chicken stock
- 1 12-ounce can coconut milk
- 2 medium red potatoes, washed and diced
- 1 large butternut squash, peeled, seeded and diced
- 1 15-ounce can diced tomatoes (do not drain)
- To taste: sea salt, black pepper,
- Garnish with fresh, chopped cilantro

PREPARATION

1. In a large (4½ quart) pot, sauté the onion and garlic in olive oil. Add chicken and cook until onion is translucent.
2. Add curry powder, cumin and cinnamon. Cook for 1 minute.
3. Add stock, coconut milk, potatoes, squash and tomatoes to the pot. Bring to a boil, stirring slowly.
4. Cover and simmer until potatoes and squash are just fork tender.
5. Season with salt and pepper. Garnish with cilantro and serve.

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SHOPPING LIST

Produce

Yellow onion
Fresh garlic
Red potatoes
Butternut squash
Fresh cilantro

Meat/Poultry/Seafood

1 pound chicken breasts

Grocery

Olive oil
Chicken stock
15-ounce can diced tomatoes
12-ounce can coconut milk

Spices/Seasonings

Curry powder
Cumin
Cinnamon
Black pepper
Salt

SERVING SUGGESTION

Serve with a hearty bread or roll and green salad.

NUTRITIONAL INFORMATION

Per Serving: 288 calories, 5 g fat, 61 mg cholesterol, 20 g carbohydrates, 7 g dietary fiber, 21 g protein 484 mg sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Seward Co-op Grocery and Deli, Minneapolis, Minnesota

