



EASY CHICKEN CURRY

RECIPE PROVIDED BY: Diabetes Canada

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

SERVINGS: 6 large or 9 small

INGREDIENTS

1 tbsp (15 mL) vegetable oil
¼ cup (60 mL) water
2 medium onions, chopped
6 cloves garlic, crushed or finely chopped
1 tbsp (15 mL) curry powder
2 tbsp (30 mL) garam masala
½ tsp (2 mL) salt (optional)
19 oz (540 mL) can of tomatoes (whole or chopped)
¼ cup (60 mL) packed fresh cilantro, finely chopped
1 cup (250 mL) unflavored low-fat yogurt
1 cup (250 mL) of chicken stock (1 package reduced salt bouillon + 1 cup/250 mL water)
18 skinned chicken drumsticks or thighs, skin removed (3½ lbs/1.7 kg weight with skin and bones or 3 lbs/1.5 kg weight with skin removed)
¼ cup (60 mL) fresh cilantro, roughly chopped, for topping

INSTRUCTIONS

STEP 1

To a large heavy pot, heat the oil and water at low to medium. Add the onions and garlic to the pot. Cook until soft. Add the spices, stirring frequently, and cook for one or two minutes until the spices are well blended. Add a bit of water if too dry.

STEP 2

Add to the pot, the tomatoes, cilantro, yogurt and chicken stock. Blend together, then add the chicken pieces.

STEP 3

Cover the pot and simmer gently at low-medium heat. Stir periodically. Cook for 1–1½ hour, or until chicken is cooked. If too thick, add extra chicken stock or water if needed. If too thin, cook for the last 15–30 minutes without the lid.

STEP 4

After cooking, add chopped cilantro.

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