

CHICKEN GARAM MASALA CURRY

- 2 tablespoons coconut oil
- 1 red onion, finely chopped
- 1 large green apple, peeled, chopped
- 3 large garlic cloves, minced
- 1 tablespoon freshly grated ginger
- 1½ tablespoons curry powder
- 1 tablespoon Garam Masala
- 1 14-ounce can stewed tomatoes
- 1½ cups chicken broth
- 1 14-ounce can unsweetened, full-fat coconut milk
- 1 pound chopped, cooked chicken thighs or firm tofu

1. Saute onion, apple, and garlic in coconut oil 5 minutes. Add ginger, curry and Garam Masala, saute 5 minutes. Add the canned tomatoes.
2. Add broth and coconut milk, and bring to a low simmer. Simmer with the lid off for about 20 minutes, stirring occasionally.
3. Add chicken or tofu, and season with salt and pepper. Serve with chopped cilantro, and, serve over basmati rice. Serves 4-6.



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