



Chicken Curry - Crockpot

Serves 6

2 to 3 pounds boneless skinless chicken breast halves, cut into 3/4-inch pieces

2 coarsely chopped apple.

1 large onion, sliced

1/2 cup raisins

1 T curry powder

3 clove garlic, minced

3/4 teaspoon ground ginger

1 cup water

1 1/2 T chicken bouillon granules

1 1/2 T all-purpose GF flour blend

3/4 cup soy sour cream

1/2 T cornstarch

1 1/2 cup uncooked white rice

Combine chicken, 2 cup apple, onion, raisins, curry powder garlic and ginger in slow cooker.

Combine water, chicken bouillon granules and flour in small bowl; stir until dissolved. Add to slow cooker. Cover and cook on Low 3 1/2 to 4 hours

or until onions are tender and chicken is no longer pink.

Combine sour cream and cornstarch in large bowl. Drain all cooking liquid from chicken mixture and stir into sour cream mixture. Add back to crockpot; stir well. Cover and let stand 5 to 10 minutes or until sauce is heated through.

Meanwhile, cook rice in 3 cups of water simmer for 20 to 25 min until liquid is absorbed. Chicken curry over rice

<http://www.lincolntent.com/GFCF-Poultry.html>