



Mulligatawny Stew (Lentil and chicken)

this is a very thick stew use less rice or more broth to thin

2 Chicken breasts cut up
1 onion chopped
2 carrot peeled chopped
1 potato peeled and diced
1 Tablespoon curry powder
4 cloves of garlic
1/2 teaspoon pepper
1/3 cup of lentils
1 cup of rice
8 cups chicken broth

Stir in a little non-dairy sour cream at the table if desired.

Mix all ingredients and put in Crockpot. Cook in Crockpot on low all day
Yield 6 to 8 bowls

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