

# Curried Coconut Chicken

serves 6-8

2 (12.5 oz.) cans canned chicken

1 tsp. salt

1 tsp. pepper

1 1/2 TBS vegetable oil

2 TBS curry powder

1/2 cup freeze dried onion flakes (with 1/4 cup hot water to rehydrate)

1/2 tsp. garlic powder

1 (14 oz.) can coconut milk (\*see notes)

1 (14.5 oz.) can stewed tomatoes

1 (8 oz.) can tomato sauce

3 TBS sugar

1 TBS cornstarch

2 cups rice (cooked with 4 cups water and 4 tsp chicken bouillon)

Rehydrate onions with hot water. Drain the chicken and chop it into smaller pieces. If preferred, mill (or blend) the tomatoes into a course puree. Heat the oil in a pot over medium heat. Stir in the curry powder and cook about 1 minute. Add the onions and cook for an additional minute. Add the garlic, salt and pepper, stirring all together. Add the stewed tomatoes, tomato sauce and sugar and bring to a boil. Add chopped chicken and cover. Continue to heat until the lid is very hot and the mixture is boiling. Transfer to the wonder oven and allow to cook 2-3 hours. Once simmered, bring to a boil again. Add a mixture of 1 TBS cornstarch mixed with 2 TBS water and boil for a minute, allowing to thicken. Serve over rice.