
Mulligatawny Soup III

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 8

1/4 cup chopped onion
1/4 cup chopped celery
1/4 cup chopped carrots
2 sour apples, peeled and sliced
1 cup diced chicken, cooked or uncooked
1/4 cup fat
1 teaspoon curry
4 tablespoons flour
6 cups veal stock
1 teaspoon minced parsley
2 cloves garlic (optional)
1/2 green pepper, chopped
3 shakes pepper
1 teaspoon sugar
1 cup tomato paste
1 cup cooked rice

In a saucepan, cook the vegetables, apples and chicken in fat until brown. Stir in the curry and flour. Blend well and add the stock slowly, stirring constantly.

Add the parsley, garlic, pepper and sugar. Add the tomato paste. Cook slowly until the chicken is tender.

Mash the vegetables a little in the bottom of the pan. Add the rice. Heat and serve.

Soups, Chili, Stew

Per Serving (excluding unknown items): 210 Calories; 11g Fat (46.9% calories from fat); 9g Protein; 20g Carbohydrate; 3g Dietary Fiber; 27mg Cholesterol; 1154mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.