Chicken Curry

Ingredients

- 2 tsp curry powder
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/4 tsp ground red pepper
- 1 bay leaf
- 1 1/2 tsp olive oil
- 1 1/2 lbs boneless, skinless chicken breast, cut into 1-inch pieces
- 1 1/2 vertically sliced onion
- 1 1/2 tsp minced peeled fresh ginger
- 2 garlic cloves, minced
- 1 (14 oz) can fat-free, less-sodium chicken broth
- 1 (14.5 oz) can diced tomatoes, undrained
- 2 cups (1/2 inch) cubed peeled potato
- 3/4 cup canned chickpeas, rinsed and drained
- 1/2 cup frozen green peas
- 1 T fresh lemon juice

Preparation

Combine curry powder, coriander, turmeric, salt, black pepper, red-pepper, and bay leaf in a small bowl.

Heat oil in a large Dutch oven over medium-high heat. Add chicken to pan; sauté 5 minutes or until browned, stirring occasionally. Remove chicken from pan. Reduce heat to medium. Add onion to pan; cook 10 minutes or until tender, stirring frequently. Increase heat to medium-high; return chicken to pan. Cook 1 minute, stirring occasionally. Stir in ginger and garlic; cook 1 minute, stirring constantly. Add curry powder mixture; cook 2 minutes, stirring constantly. Add broth and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour. Stir in potatoes and chickpeas. Cook uncovered for 30 minutes. Add peas; cook 5 minutes or until thoroughly heated. Remove from heat; stir in lemon juice. Discard bay leaf. Serves 7.