

Korma Style Chicken Stew

- Prep Time: 15 minutes
- Cook Time: 55 minutes
- Total Time: 1 hour, 10 minutes
- Servings: 6



Ingredients:

- 2 cups Friendly Farms Nonfat Plain Greek Yogurt, plus additional for garnish
 - 3 Kirkwood Chicken Breasts, diced
 - 1 tablespoon Simply Nature Coconut Oil
 - 1 onion, diced
 - 2 cloves garlic, chopped
 - 1 cup water
 - ¼ cup Baker's Corner Coconut Flakes*
 - ½ cup Southern Grove Cashew Halves and Pieces, rinsed
 - 2 sweet potatoes, peeled, diced
 - ½ cup Fit & Active Reduced Sodium Chicken Broth
 - 1 teaspoon Stonemill Ground Cumin
 - Stonemill Iodized Salt, to taste
 - 1 tablespoon Happy Harvest Tomato Paste
 - 1 teaspoon Stonemill Paprika
 - ¼ teaspoon Stonemill Ground Ginger*
 - 1 teaspoon Stonemill Crushed Red Pepper
 - ½ cup cilantro, chopped, plus additional for garnish
- *These are Seasonal items that are only in stores for a limited time and may no longer be available.**
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Directions:

1. In a large zip bag, combine the yogurt and chicken. Refrigerate for 30 minutes, or up to 2 hours.
2. In a large skillet over medium heat, warm the coconut oil. Add the onion, sauté until soft. Add the garlic, cook 1 minute. Remove from pan.
3. In a blender, combine the water and coconut flakes. Blend for 5 minutes. Strain over a bowl, reserve the liquid. Rinse the blender and blend the coconut water, onion, garlic and cashews until smooth.
4. In the skillet, combine the onion mixture, chicken and yogurt, sweet potatoes and broth. Bring to a simmer over low heat and cook for 50 minutes. Add the cumin, salt, tomato paste, paprika, ginger and crushed red pepper.
5. Cook 5 minutes, or until potatoes begin to break down and chicken is cooked through.
6. Before serving, stir in the cilantro. Plate over cooked rice garnished with a dollop of yogurt and a sprinkle of additional cilantro.



Recipe Courtesy of:
ALDI Test Kitchen