



Chicken Vegetable Curry

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving

Calories	165 kcal
Protein	14.80 g
Carbohydrate	10.74 g
Total Fat	6.88 g
Saturated Fat	4.17 g
Cholesterol	34.15 mg
Vitamin A	43.75 IU
Vitamin C	17.22 mg
Iron	1.53 mg
Calcium	30.55 mg
Sodium	101.15 mg
Dietary Fiber	1.75 g

1 cup provides 1 oz equiv meat/
meat alternate, $\frac{3}{4}$ cup red/orange
vegetable, $\frac{1}{4}$ cup starchy vegetable,
and $\frac{1}{3}$ cup other vegetable.

Recipe HACCP Process: #2 Same Day Service

NOTES

- Use your favorite colorful combination of vegetables if you prefer. Adjust cooking times accordingly.
- This recipe is a great way to use up leftover chicken and vegetables.

Chicken Vegetable Curry • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Boneless, skinless chicken breast	10 lb		1 Trim fat from chicken and cut into ½-inch cubes.	<ul style="list-style-type: none">• Make ahead: Refrigerate cooked onions and peppers up to 1 day in advance. Par cook the potatoes up to 1 day in advance to cut down on cooking time.• Serve over steamed brown or basmati rice or with pita or naan bread.• You can substitute some lowfat milk for the coconut milk if you'd like—don't swap our more than half as you want the coconut flavor.• You can substitute 6 lbs 8 oz precooked frozen diced chicken or turkey for the raw chicken. If using precooked meat, don't marinate it—just add it during the last 10 to 15 minutes of cooking.• Older kids may like hot sauce and/or crushed red pepper to kick up the heat.• Plain Indian curry powder from Reinhart has strong curry flavor without any heat.• You can experiment with different vegetables if you'd like. Broccoli, green beans, kale, chard and cabbage are all good options.
Lite coconut milk		3 14-oz cans	2 Combine coconut milk, curry powder, onion powder, garlic powder, pepper and salt in a large bowl; stir to blend.	
Curry powder		½ cup		
Onion powder		2 tsp		
Garlic powder		½ tsp		
Ground black pepper		½ tsp		
Kosher salt		2 Tblsp		
			3 Place chicken in a 4-inch full hotel pan. Add the marinade and mix to coat evenly. Cover and marinate in the refrigerator overnight.	
Onions	2 lb 8 oz	4 large	4 Trim, peel and chop onions.	
Green bell peppers	6 lb		5 Stem, core, seed and chop peppers.	
Sweet potatoes	5 lb 8 oz		6 Dice sweet potatoes and potatoes.	
Potatoes	5 lb			
Vegetable oil		⅓ cup	7 Divide oil between two 5 gal stockpots and heat over medium. Add half of the onions and green peppers to each pot and cook, stirring occasionally, until the onions are translucent, about 15 minutes. Add half the sweet potatoes, potatoes and canned tomatoes and their juice to each pot and stir to combine.	
Diced tomatoes, canned (undrained)		2 #10 cans (6 qt)		
Chopped green onions		¾ cup	8 Add half the chicken and marinade to each pot. Add water, if necessary, to maintain the consistency of a thick stew. Cover and simmer until the potatoes are just tender and stew reaches an internal temperature of 165°F, about 30 minutes. Transfer each pot to a 2-inch full hotel pan. Garnish each pan with scallions just before serving.	