

3C Chili

HolisticQ Signature Recipe

If you have never made your own curry, then this recipe is for you! We've added great northern beans and green chilis to bring out the chili feel in this excellent spicy Indian meal. The 3 Cs are Chicken, Curry Paste, and Coconut milk.

Ingredients:

- 2 to 3 pounds cooked chicken (cut into 2-inch pieces)
- 1 cup chicken stock
- 2 cans coconut milk (13.5oz cans)
- 1 jar red curry paste (4oz)
- 2 cans great northern beans undrained (15oz cans)
- 1 sweet or yellow onion, chopped
- 1 teaspoon red chili flakes
- 1 can mild green chilis (4oz)

***We like to use a whole chicken cooked and deboned, but this adds time to the recipe. If you do take the time to boil a whole chicken, boil it covered in 4 cups of water over medium low heat for about 2 hours until it falls off the bone. You will have leftover stock to save for another use!

In a large pot or slow cooker, whisk together the chicken stock, coconut milk and the entire 4oz jar of red curry paste. Add all remaining ingredients remembering NOT to drain the beans. Cook over medium low heat (slow boil) for about 1 hour. If using a slow cooker, cook on High for 3-4 hours. Serve over a scoop of basmati rice. Garnish with chives if desired.