

Applesauce is the surprise ingredient here. If you're splurging beyond 99¢, add a little chutney.

- 1 tablespoon salad oil
- 1 cup chopped onions
- 1 garlic clove, bruised
- 1 ½ cups chopped carrots
- ½ cup chopped celery
- 4 teaspoons curry powder
- 1 ½ cups chicken broth
- 1 cup applesauce
- 2 cups cooked chicken
- 3 cups hot cooked rice
- ½ cup chopped green onions for garnish

*Quick + Easy
Curry*

In heavy 3-quart saucepan heat oil over medium-high heat. Add onions, garlic, carrots, celery and curry powder; sauté until onions are translucent, about 5 minutes. Add chicken broth and applesauce. Bring to a boil, lower heat and simmer, uncovered, 40 to 45 minutes, stirring occasionally. Pour into blender, purée until smooth. Return purée to saucepan, add chicken and simmer over low heat just until heated through.

Serve curry over rice, garnished with chopped green onions. Makes 4 servings, about 420 calories each. **End**