

CO-OP MEALS  
*Dinner in 30*

## Coconut Curry Chicken

Serves 4

### Shopping List:

- 1½ lbs. boneless chicken breast, cubed
- ½ cup coconut oil
- 1 large onion, diced
- 3 cloves garlic, finely chopped
- 3 roma tomatoes, diced
- 1 red pepper, diced
- 1 cup tomato sauce
- 1 can coconut milk
- ½ cup brown sugar
- 2 Tbs. curry powder
- Cumin
- Salt
- Freshly ground black pepper



### Cook:

Heat coconut oil over medium-high heat. Once the oil is shimmering, add onions and season with curry powder.

Add chicken and season with salt, pepper, and cumin, to taste. Sauté until chicken is cooked through.

Reduce heat to medium, add red peppers and diced tomatoes; stir well. Add tomato sauce and coconut milk, continue to simmer for 20 minutes. Add brown sugar and simmer for an additional 5 minutes. Remove from heat and serve over rice.

## Tips and Hints

### • Additions

Adjust seasonings to your liking. Adding more curry powder, cumin, salt or pepper.

Many seasonings are delicious in curry. Think about adding cinnamon, nutmeg, ginger, cloves, paprika, or cayenne pepper.

You can change up the vegetables too! Green peas, chickpeas, and potatoes also make great additions to this curry.

Recipe and photo credit: [www.mylatinatable.com](http://www.mylatinatable.com)

**CO-OP**  
FOOD STORES