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## Ingredients for Chicken Mulligatawny Soup

- 2 large boneless, skinless chicken breasts, excess fat removed
- 1 medium yellow onion, peeled and chopped
- 3 cloves garlic, peeled and minced (or 3 teaspoons pre-minced, refrigerated garlic)
- 1 can diced tomatoes, undrained (15 ounces)
- 1 medium-size apple - cored, unpeeled, and chopped
- 1 cup shredded carrots (or 2 large carrots, chopped)
- 1/2 cup uncooked converted white rice
- 1 cup dried lentils, sorted and rinsed
- 1/2 cup golden raisins
- 1 tablespoon gluten-free curry powder
- 1/2 teaspoon ginger powder (or 2 tablespoons fresh grated ginger)
- 1/4 teaspoon cayenne pepper
- 1 teaspoon kosher salt
- 8 cups chicken broth
- 1 cup light cream
- 2 tablespoons cornstarch (or 1 teaspoon potato starch)

# Directions for Chicken Mulligatawny Soup

1. **Add chicken:** Place the chicken breasts in the bottom of a 6-quart slow cooker.
2. **Add:** Add the chopped onion, minced garlic, tomatoes, chopped apple, shredded carrots, rice, dried lentils, and golden raisins.
3. **Add seasonings:** Add the curry powder, ginger powder, cayenne pepper, and salt.
4. **Add broth:** Add the chicken broth. If you prefer using a prepared chicken base, you can substitute 8 cups of water and 3 tablespoons chicken base (or according to the package) for the chicken broth. In addition, check the label to be sure it's gluten-free.
5. **Cook:** With the lid on, cook on LOW for 6-8 hours (or on HIGH for 3-4 hours).
6. **Shred chicken:** When the chicken breasts are very tender, lift them out and place on a plate. Using two forks, shred the meat and return it to the slow cooker.
7. **Add cornstarch mixture:** About 25 minutes before you're ready to eat, add the cornstarch to the cup of light cream. Whisk with a fork until the cornstarch has dissolved into the cream. Add this mixture to the slow cooker and stir to combine.
8. **Cook:** With the lid on, cook on HIGH for 20 minutes.
9. Ladle soup into bowls and enjoy. This soup is delicious served with Naan bread.

