



Category: (Main Dish,
Freezer Meal)

Chicken Curry Freezer Meal

Submitted by Aundrea Carlson

<p><u>Recipe</u></p> <p>4 T. butter ½ c. chopped onion 2 t. curry powder 2 T. flour 1 t. ginger 1 t. salt 1 t. sugar 1 c. milk* 1 c. chicken broth 2 c. chicken chunks 1 T. lemon juice</p> <p>Cook chicken; set aside. Melt butter in large skillet. Add onion and curry powder; sauté until onion is clear. Add flour, ginger, salt, and sugar. Stir until bubbly. Add milk and broth. Cook on low heat, stirring occasionally, until thickened slightly. Add chicken and lemon juice. Freeze in Ziploc freezer bags. Reheat and serve over rice.</p>	<p><u>Grocery List</u></p> <p>Butter Onion Curry Ginger Chicken broth Chicken Lemon juice Fresh or frozen broccoli Oranges</p>
<p><u>Side Dish</u></p> <p>Fresh or frozen broccoli Orange slices</p>	<p><u>Tips/Helpful hints</u></p> <p>I have substituted sour cream for the milk and it still turned out fine, just a little thicker and possibly a bit more tangy. Another way to thicken it would just be to add more flour when it calls for it, maybe just double the amount, or to your taste. Also you can freeze cooked rice, too.</p>