

MULLIGATAWNY SOUP
(CHICKEN VEGETABLE SOUP)

INGREDIENTS:

❖ Onions	½ Cup
❖ Peppers	½ Cup
❖ Butter	¼ Cup
❖ Flour	½ Cup
❖ Chicken Stock	⅔ Cup
❖ Tomatoes (canned)	8 oz
❖ Carrots	½ Cup
❖ Celery	⅓ Cup
❖ Apples	1 ½ Cup
❖ Curry Powder	pinch
❖ Salt	1/14 tsp
❖ Black pepper	pinch

METHOD:

1. Sauté onions and peppers in butter until tender.
2. Remove from fat and set aside.
3. Blend flour and fat together; stir till smooth roux
4. Add roux to stock stirring constantly until well blended.
5. Crush or dice tomatoes.
6. Add sautéed vegetables, tomatoes, carrots, celery, apples, and seasonings.
7. Simmer 45 minutes or until vegetables are tender.

