

## Curried Chicken & Veggies

Brown 3-4 large chicken breasts in oil. Remove from pot – brown 1 red onion, 3 cloves garlic – may need to add oil.

Add (all diced large pieces):

Green, yellow, and red peppers

Squash

3 carrots

celery

8 oz. Fresh mushrooms

1 can fire roasted tomatoes

1 can chicken broth

red pepper flakes – season to taste

2 T. curry powder

Cover, simmer 1 hr.