

Mulligatawny Soup

Sauté lightly but do not brown:

- 1/2 cup diced onion
- 1 diced carrot
- 2 diced ribs celery
- in 1/4 cup butter

Stir in:

- 1 1/2 tablespoons flour
- 2 teaspoons curry powder

Stir and cook these ingredients about 3 minutes

Pour in and simmer for 15 minutes:

- 4 cups chicken broth
- 1 bay leaf

Add the following ingredients and simmer 15 more minutes longer:

- 2 peeled and cut up apples
- 1/2 cup pre-cooked rice
- 1 cooked chicken breast
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon thyme
- 1/2 teaspoon grated lemon rind

Before serving, stir in:

- 1/2 cup hot cream or coconut milk, heat though and serve.

