

*From the recipes posted in the Garden of Grace  
on the Northern Kentucky Herb Society Web Site*

11/02/2010

**COUNTRY CAPTAIN CASSEROLE**

**Makes:** 8 servings.

2 tbsp plus 1 teasp vegetable oil	1 tbsp grated fresh ginger
6 chicken breasts, cut into bite size pieces	3 tbsp curry powder
2 medium onions, chopped	½ teasp black pepper
1 large Granny Smith apple, peeled and chopped	¼ teasp ground cumin
1 large green pepper, chopped	1 can (28 oz) tomatoes in juice
3 large garlic cloves, chopped	1 can (14½ oz.) chicken broth
	1 teasp salt
	¼ fresh parsley, chopped

In an 8-quart Dutch oven, heat 2 tbsp oil over medium heat until very hot. Add chicken in batches and cook until golden brown, about 5 minutes per side. With a slotted spoon, transfer to a bowl as they brown.

In the same Dutch oven, add and heat the remaining 1 teasp oil over medium heat. Add the onions, apple, green pepper, garlic, and ginger. Cook, stirring frequently, for 2 minutes. Cover and cook 6 minutes longer.

Stir in curry powder, black pepper, and cumin and cook for another 1 minute. Add tomatoes with their juice, chicken broth, salt and previously cooked, reserved chicken. Heat to boiling over high heat and boil for 1 minute.

Preheat oven to 350. Cover and bake 1 hour. Sprinkle with parsley and serve.

