

Easy East Indian Chicken & Tomatoes

Ingredients:

1/2 c Chopped onion
1/2 c Chopped green pepper
1/4 ts Garlic powder
1 ts Vegetable oil
2 c Skinned, cooked diced chicken
1/2 ts Salt
1/2 ts Pepper
1 1/2 ts Curry powder
28 oz Whole tomatoes, can
1 tb Worcestershire sauce
2 tb Chopped parsley
1/4 c Raisins
2 c Cooked rice

Directions:

Cook onion, pepper, garlic powder in oil until onion tender, about 3 min.
Add remaining ingredients, except rice, cook over low heat for 30 min.