



## Oat and Apple Curry

(developed by Charlene Wight)

### Ingredients<sup>1</sup>:

- 1 c. (90 g) oat groats<sup>2</sup>
- 2 c. (500 mL) apple juice
- 1 lb. (454 g) ground beef or cubed beef or chicken
- 2 medium apples, chopped
- 2 medium onions, chopped
- 1 c. (250 mL) plain yogurt, warmed to room temperature
- 1½ tbsp. (22.5 mL) curry powder (or to taste)
- ½ tsp. (2.5 mL) salt (or to taste)

### Directions:

1. Combine the oats and the apple juice in a medium saucepan and bring the mixture to a boil.
2. Let the mixture simmer for about 50 minutes or until the oats are soft. Stir frequently and note that the oats will not absorb all the liquid.
3. Meanwhile, fry the meat, apples, and onions together in a little oil or butter until the meat is cooked through and the apples and onions are soft.
4. Stir the yogurt into the meat mixture, then stir in the oat and apple juice mixture.
5. Stir in the curry powder and salt and let everything simmer for about 10 minutes before serving.

Serves four.

<sup>1</sup>Metric measures may be a little off.

<sup>2</sup> Oat groats (the intact kernels) are most often found in health food stores.