

Slow-Cooker Chicken Tikka Masala



Servings: 4

1 onion, chopped
3 garlic cloves, minced
1 can crushed tomatoes
1 tablespoon fresh ginger root, grated
2 tablespoons lemon juice
1 tablespoon garam masala
1 teaspoon paprika
1/2 teaspoon cayenne pepper, or to taste
1/2 teaspoon ground turmeric
1/2 teaspoon curry powder
salt and pepper, to taste
1 1/2 pounds boneless skinless chicken breast
1 cup coconut milk

To the slow-cooker add onion, garlic, crushed tomatoes, ginger, lemon juice, garam masala, paprika, cayenne pepper, ground tumeric, and curry powder. Season with salt, and pepper. Stir to combine.

Add the chicken breast and spoon the sauce over top.

Cover and cook on Low for 6-7 hours or on High for 2-3 hours.

Once the chicken is cooked remove the chicken and shred with 2 forks. Add the chicken back to the slow-cooker.

Stir in the coconut milk.

Serve with rice, pita bread, naan, or enjoy as is.

Per Serving (excluding unknown items): 374 Calories; 19g Fat (45.5% calories from fat); 41g Protein; 10g Carbohydrate; 3g Dietary Fiber; 124mg Cholesterol; 144mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 43mg Calcium; 3mg Iron; 907mg Potassium; 449mg Phosphorus. Exchanges: .