



- 1 onion chopped
- 1 jalapeño pepper seeded and diced
- 3 garlic cloves minced
- 1 can crushed tomato
- 1 tablespoon ginger root grated
- 2 tablespoons lemon juice
- 1 tablespoon garam masala

- 1 teaspoon paprika
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon curry powder
- 1 cup coconut milk
- salt and pepper to taste
- 1 1/2 pounds boneless, skinless chicken breasts

1. To the slow-cooker add onion, jalapeño peppers, garlic, crushed tomatoes, ginger root, lemon juice, garam masala, paprika, ground turmeric, curry powder, coconut milk, salt, and pepper. Stir to combine.
2. Add chicken breast and spoon the sauce over top.
3. Cover and cook on Low for 6-7 hours or on High for 2-3 hours.
4. Once cooked remove the chicken and shred with 2 forks. Add the chicken back to the slow-cooker.
5. Serve with rice, pita bread/naan or enjoy as is.

**Nutrition Facts**

Amount per Serving	
Calories 118	Calories from Fat 101
	<b>% Daily Value*</b>
<b>Total Fat</b> 12g	18%
Saturated Fat 11g	55%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 22mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 0g	0%

Sugars 0g

---

**Protein 2g**

---

Vitamin A 10%

Vitamin C 6%

---

Calcium 1%

Iron 10%

---

Percent Daily Values are based on a 2,000 calorie diet.