

Slow-Cooker Chicken Curry



Servings: 4

1/2 cup coconut milk
1/2 cup chicken stock
1 can crushed tomatoes (15-oz)
2 tablespoons curry powder
1 teaspoon salt
1/2 teaspoon cayenne pepper, to taste
1 pound skinless boneless chicken breast
1 onion, diced
2 medium sweet potatoes, diced
1 can chickpeas, drained and rinsed
1 cup frozen peas
2 tablespoons lemon juice

To the slow-cooker add coconut milk, chicken stock, crushed tomatoes, curry powder, salt, and cayenne pepper. Whisk to combine.

Add chicken breast, onions, sweet potatoes, and chickpeas. Spoon the sauce over the chicken to coat.

Cook on LOW for 8 hours or on HIGH for 4 hours.

Stir in frozen peas and lemon juice 5 minutes before serving.

Serve over rice.

Per Serving (excluding unknown items): 342 Calories; 11g Fat (29.6% calories from fat); 32g Protein; 29g Carbohydrate; 7g Dietary Fiber; 84mg Cholesterol; 809mg Sodium; 9g Total Sugars; 0mcg Vitamin D; 74mg Calcium; 3mg Iron; 959mg Potassium; 376mg Phosphorus. Exchanges: .