Chicken Tikka Masala Slow Cooker

blackpeppercorn.com
Internet address:



4 boneless skinless chicken breast halves

2 tablespoons oil

2 cups crushed tomatoes, canned

1 piece fresh ginger, peeled, about 1 inch, cut into chunks

4 garlic cloves

1 1/2 tablespoons honey

1 tablespoon paprika

1 tablespoon ground cumin

1 tablespoon turmeric

2 teaspoons ground coriander

1 1/2 teaspoons salt

2 cups half and half

4 tablespoons cilantro, for garnish

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 4

1. Add tomatoes, ginger, garlic, honey and spices to a blender and process until smooth.
2. Cut chicken breasts into 1-inch cubes.
3. Heat oil in a skillet and brown chicken. Turn after a couple minutes on each side, but do not cook completely.
4. Add the browned chicken to the slow cooker.
5. Pour in the blended tomato mixture. Stir so all the chicken pieces are coated in the sauce.
6. Cover with a lid and set slow cooker to low and cook for 8 hours (or 4 hours on high).
7. During last 10 minutes of cooking, in a saucepan, gently heat the half and half to just below a simmer (do not boil). Pour into the slow cooker and stir well.
7. Cover and turn off slow cooker; allow mixture to rest for about 10 minutes.
8. Serve on rice and garnish with cilantro.

Per Serving (excluding unknown items): 444 Calories; 24g Fat (46.5% calories from fat); 34g Protein; 27g Carbohydrate; 4g Dietary Fiber; 113mg Cholesterol; 1096mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 4 1/2 Fat; 1/2 Other Carbohydrates.