slow cooker butter chicken

MAKES 6 servings

RECIPE ADAPTED FROM: Damn Delicious

COOK TIME: 6 hours

1 onion, diced OR 2 tsp onion powder

4 cloves garlic, minced OR 1 tsp garlic powder

1 14oz can coconut milk

1 6oz can tomato paste

2 tsp garam masala

1 tsp curry powder

Pinch or ¼ tsp chili powder (you can add more to your bowl when serving if you like it spicier)

2 tsp fresh grated ginger OR 1 tsp ginger powder

Around 3 pounds boneless, skinless chicken thighs or breasts or combo

Sea salt and pepper, to taste

Cilantro, to taste

MIX onions, garlic, coconut milk, tomato paste, garam masala, curry powder, chili powder and ginger in your slow cooker.

ADD chicken (whole pieces, no need to chop! It will be falling apart when it's done).

PRESS the chicken all the way down so the sauce comes just over the top (you can do this with a big spoon or your hands).

PUT the lid on your slow cooker and cook on low for 6 to 6 ½ hours.

ADD sea salt and pepper, to taste.

CHOP cilantro and sprinkle on top when serving.

MAKE IT A MEAL: serve over brown rice or quinoa and non-starchy vegetable of choice.





