



Slow Cooker Indian Spiced Chicken

The spices in this dish provide health benefits, such as improved digestion, reduced inflammation, and boosted immunity. These benefits come from the rich antioxidant and anti-inflammatory properties of the spices.

SERVINGS: 6

Ingredients

- 1 Tbsp olive oil
- 4 garlic cloves (finely diced)
- 1 onion (chopped)
- 2 Tbsp whole wheat flour or gluten free flour
- 2 Tbsp Garam Masala
- 2 tsp curry powder
- 2 tsp chili powder
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 tsp turmeric
- 1/2 tsp salt & pepper
- 1 (15 oz) can light coconut milk
- 1 (6 oz) can tomato paste (no salt added)
- 1 1/2 lbs skinless boneless chicken breasts
- 1 sweet potato (cut into bite size pieces, no need to peel)

Directions

1. Add oil to a large skillet over medium high heat. When hot, add garlic and onion and sauté for 3-5 minutes until onion is beginning to get tender.
2. Add spices (flour, Garam Masala, curry powder, chili powder, ginger, cumin, turmeric, salt & pepper.
3. Add coconut milk and tomato paste to the skillet and stir until well combined. Let cook one minute.
4. Place in the slow cooker, and then pour the sauce on top.
5. Cover and cook on low for 5-6 hours until chicken is cooked through.
6. When done, use two forks to shred the chicken while it is in the slow cooker, and stir to combine.
7. Serve with rice and cilantro if desired.