Slow-Cooker Chicken Tikka Masala Recipe

**SERVINGS: 10**

**INGREDIENTS**

* 3 lbs boneless, skinless chicken breast
* 1 large onion, diced
* 4 cloves garlic, minced
* 2 tbsp fresh ginger, minced
* 1 can tomato puree (29 oz)
* 1½ cups plain Greek yogurt (12 oz)
* 2 tbsp olive oil
* 2 tbsp Garam masala
* 1 tbsp cumin
* ½ tbsp paprika
* ¾ tsp cinnamon
* ¾ tsp ground black pepper
* 1-3 tsp cayenne pepper (depending on taste)
* 2 bay leaves
* Chopped cilantro for topping

**INSTRUCTIONS**

1. Place everything up to bay leaves in large bowl.
2. With a spatula, stir to combine and coat chicken well.
3. Gently place into slow cooker, add bay leaves on top.
4. Cover and cook for 8 hours on low or 4 hours on high.
5. Remove bay leaves, and serve topped with cilantro.

\*\*\*Typically served over brown rice. It is also delicious by itself, depending on the stage of your diet.

**NUTRITION FACTS (1/10 recipe)**
Calories: 270
Fat: 8 g
  Saturated Fat: 2 g
Sodium: 151 mg
Total Carbohydrates: 12 g
  Dietary Fiber: 2 g
  Sugars: 7 g
Protein: 45 g