

Slow Cooker Chicken Tikka Masala

makes ~4-6 servings

INGREDIENTS

- 1 (15 ounce) can crushed tomatoes
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 2 tablespoons tomato paste
- 2 teaspoons garam masala (can be found in the spice aisle)
- ½ teaspoon coarse salt
- ¼ teaspoon fresh ground pepper
- 1½ pounds boneless and skinless chicken breasts
- ½ cup light coconut milk
- ½ of a medium-sized cucumber, chopped
- 1 tablespoon plain Greek Yogurt
- 1 cup white or brown rice, prepared according to package directions



DIRECTIONS

1. Combine the tomatoes, onion, garlic, tomato paste, garam masala, salt, and pepper in a 4-6 quart slow cooker.
2. Place chicken in a single layer on top of the mixture. Spoon some of the sauce over the chicken.
3. Cover and cook on low for 8 hours.
4. When the chicken is cooked, remove it and shred. Return chicken to the slow cooker.
5. Pour in the light coconut milk and stir until well combined.
6. Mix the cucumber and plain Greek yogurt together.
7. Spoon some rice onto each plate, top with tikka masala, and garnish with cucumber mixture. Serve at once.