

# Slow Cooker Chicken Tikka Masala with Vegetables

Yield: 6 min

Total Time: 490 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-tikka-masala-curry-recipe-pakistani>

## Ingredients:

- 1 yellow onion large, sliced
- 4 cloves garlic fresh, minced or pressed
- 1 1/2 pounds boneless, skinless chicken breasts
- 30 ounces fire-roasted diced tomatoes
- 1 tablespoon turmeric
- 1 teaspoon curry
- 1 teaspoon cumin
- 1 teaspoon cardamom
- sea salt
- ground pepper
- 1/2 cup reduced sodium chicken stock
- 15 ounces chickpeas rinsed and drained
- 1 cup matchstick carrots
- 1 cup frozen peas
- 2 tablespoons fresh cilantro chopped

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 75 milligrams
4. Fat: 4.5 grams
5. Fiber: 6 grams
6. Protein: 30 grams
7. SaturatedFat: 1 grams
8. Sodium: 560 milligrams
9. Sugar: 3 grams

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