

Crockpot Indian Chicken and Lentils

Yield: 4 min
Total Time: 480 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-lentils-recipe-slow-cooker>

Ingredients:

- 1 tablespoon olive oil
- 4 cloves garlic crushed
- 1 onion diced
- 2 pounds boneless, skinless chicken breasts
- 1 cup lentils
- 2 cups low sodium chicken broth
- 14 ounces light coconut milk
- 6 ounces tomato paste
- 2 teaspoons Garam Masala
- 1 teaspoon curry powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground ginger
- salt
- pepper
- 1/2 cup plain greek yogurt optional
- cilantro for garnish, optional

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 150 milligrams
4. Fat: 37 grams
5. Fiber: 21 grams
6. Protein: 68 grams
7. SaturatedFat: 24 grams
8. Sodium: 870 milligrams
9. Sugar: 12 grams

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