

Slow Cooker Indian Chicken and Rice

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-chicken-and-rice>

Ingredients:

- 3 chicken breasts 2 lbs, skinless, boneless, cut into 1" strips
- 1 cup long grain brown rice uncooked
- 1/2 cup greek yogurt low fat, plain
- 2 cups chicken broth fat free, low sodium
- 4 ounces chile peppers Green, drained and diced
- 1/4 teaspoon ginger
- 1/4 teaspoon canela
- 1/4 teaspoon cloves
- 1/4 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon chili powder
- 1 teaspoon coriander
- 1 teaspoon curry
- 1 teaspoon paprika
- salt to taste
- 1 bay leaf
- 4 tablespoons fresh mint leaves
- 1 tablespoon extra virgin olive oil
- 1 onion medium, cut into thin rings
- 2 cloves garlic minced

Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 120 milligrams
4. Fat: 14 grams

5. Fiber: 3 grams
 6. Protein: 46 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 560 milligrams
 9. Sugar: 3 grams
-

Thank you for visiting our website. Hope you enjoy Slow Cooker Indian Chicken and Rice above. You can see more 20 recipe for indian chicken and rice Try these culinary delights! to get more great cooking ideas.