

Crock pot Indian Butter Chicken {Easy & Healthy}

Yield: 5 min
Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-recipe-cauliflower-crock-pot>

Ingredients:

- 3 pounds boneless skinless chicken cut into 2" pieces, breasts or thighs, I prefer thighs for this dish but either will work
- 1 onion diced
- 3 cloves garlic chopped
- 2 teaspoons curry powder
- 2 teaspoons Garam Masala found in most grocery store's spice section
- 1 teaspoon cumin
- 1/2 teaspoon cayenne powder
- 1/2 teaspoon ground ginger or 1" knob fresh ginger, minced
- 14 ounces light coconut milk
- 6 ounces tomato paste
- 4 drops liquid smoke found in most grocery stores, gives the chicken a smokey Tandoori type flavor
- salt to taste
- 1/2 cup low fat plain yogurt optional
- 1 head cauliflower cut into florets- for cauliflower "rice", optional you could also serve over jasmine white or brown rice.
- cilantro chopped, for garnish, optional
- lime optional

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 175 milligrams
4. Fat: 28 grams
5. Fiber: 7 grams
6. Protein: 65 grams

7. SaturatedFat: 19 grams
 8. Sodium: 810 milligrams
 9. Sugar: 12 grams
-

Thank you for visiting our website. Hope you enjoy Crock pot Indian Butter Chicken {Easy & Healthy} above. You can see more 18 indian recipe cauliflower crock pot Cook up something special! to get more great cooking ideas.