

Jamaican Coconut Curry Chicken (Slow Cooker)

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-coconut-curry-recipe>

Ingredients:

- 3 pounds chicken your choice I used skinless/boneless thighs
- 3 tablespoons curry powder see notes for recipe to homemade recipe
- 1 tablespoon onion powder or granules
- 1 tablespoon garlic powder or granules
- 1 tablespoon all purpose seasoning
- 1 tablespoon black pepper
- 1 teaspoon ground ginger
- 1 teaspoon ground coriander
- 1/2 tablespoon cilantro fresh or dried
- 1/2 tablespoon parsley fresh or dried
- 1/2 tablespoon pink salt
- 3 tablespoons olive oil can use coconut oil
- 1 tablespoon curry powder
- 1 medium onion
- 2 scallion sliced
- 4 garlic cloves minced
- 8 sprigs fresh thyme or dried
- 1 1/2 cups full fat coconut milk ****MUST BE FULL FAT****
- 1 knob coconut cream about 1/4 cup known as coconut butter or manna
- 2 bay leaves
- 2 large carrots sliced and halved
- 1 cup mixed bell peppers
- pink salt
- black pepper
- scotch bonnet unchecked?, whole optional

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 220 milligrams
4. Fat: 45 grams
5. Fiber: 9 grams
6. Protein: 73 grams
7. SaturatedFat: 25 grams
8. Sodium: 1380 milligrams
9. Sugar: 7 grams

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