

# Country Captain Chicken Slow Cooker

Yield: 6 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/country-captain-chicken-recipe-indian>

## Ingredients:

- 1 3/4 pounds boneless, skinless chicken thighs mine were frozen solid
- 2 granny smith apples peeled, cored, and diced, someday I want one of those peeler thingies
- 1 onion peeled and diced
- 1 green bell pepper seeded and diced
- 3 cloves garlic minced
- 1 tablespoon curry powder
- 1 teaspoon ground ginger
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1/4 cup raisins or 2 T currants. I like raisins.
- 14 1/2 ounces diced tomatoes
- 1/2 cup chicken broth
- 1 cup white rice raw long-grain basmati, to add later
- 1 pound cooked shrimp fully, to add later, I used frozen already-shelled

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 230 milligrams
4. Fat: 5 grams
5. Fiber: 4 grams
6. Protein: 48 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 540 milligrams
9. Sugar: 12 grams

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