



INGREDIENTS

1 medium yellow onion, diced
4 - 6 cloves of garlic, minced
2T fresh ginger, minced
1 (29 oz) can of tomato puree
1 1/2 C plain yogurt
2T olive oil
2T garam masala spice mix
1T (slightly heaped) cumin
1.5 t paprika
2 t salt
1/2 t cinnamon
1 t black pepper
1 t cayenne pepper
6 skinless chicken tenderloins, cut into large chunks* (optional)
2 -3 potatoes, diced (optional)
2 bay leaves
1 cup frozen peas (optional)
1 cup chickpeas (drained & rinsed, optional)
1 cup heavy cream
2T cornstarch
chopped fresh cilantro, for topping

Crockpot Tikka Masala

Place the first twelve ingredients (thru the spices) into your crockpot and stir to combine. If making with chicken and/or potatoes, add them now (raw) and stir gently to mix in. Add the bay leaves and push down into mixture.

*The chicken will get very soft while cooking and start to shred apart, keeping the raw pieces a bit large than 'bite sized' helps keep them together better.

Cover and cook for 8 hours on low (or 4 hours on high).

When done, whisk together the cream and corn starch and pour into the crockpot along with the peas and chickpeas and gently stir. Cook on low for an additional 30 minutes.

Serve over basmati rice with fresh cilantro and a side of naan and enjoy!

This meal makes a ton of food, but we eat it two or three times over a couple weeks and I freeze the rest. The consistency is a little different after freezing and reheating, but it doesn't affect the taste at all.

Lillyella
UNIQUELY YOU