Chicken Crockpot Curry

This is a great recipe to throw in the crockpot on the morning of a busy day. The extra effort in the morning will be worth it when dinnertime rolls around and your house becomes filled with a delicious aroma. Chicken thighs work best in this recipe because they're flavourful and hold up well to long, slow cooking. Not browning the meat makes the sauce more delicious with juices from the chicken adding flavour.

Prep: 20 minutes • Total: 4-6 hours

Ingredients:

Chicken thighs	1 lb	453 g
Onion, halved and diced	1 large	1 large
Garlic cloves, minced	2 each	2 each
Ginger, grated	2 Tbsp	30 mL
Curry powder	2 Tbsp	30 mL
Garam masala (Indian spice blend)	1 tsp	5 mL
Cumin	1 tsp	5 mL
Frozen peas	1 cup	250 mL
Light coconut milk	1 can	1 can
Yellow pepper, sliced	1 each	1 each
Red pepper, sliced	1 each	1 each
Sweet potato, diced	1 each	1 each
Diced tomatoes	2 cups	500 mL
Red curry paste	1 Tbsp	15 mL
Cilantro, chopped	½ cup	125 mL

Directions:

1. Place chicken thighs into slow cooker.
2. Chop onion, peppers, sweet potato and garlic and add to slow cooker.
3. Add diced tomatoes and frozen peas. Stir contents.
4. In a small bowl combine the yogurt, ginger, garam masala, curry powder, cumin and curry paste.
5. Stir and coat contents of slow cooker.
6. Set to low for 6 hours or high for 3-4 hours.
7. Once cooked, taste and add pepper to taste. Serve over brown rice, garnish with chopped fresh cilantro.

Nutrition Facts

Serving Size (500g)
Servings Per Container

Amount Per Serving

Calories 440	Calories from Fat 120
	% Daily Value*
Total Fat 14g	**22%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 80mg	**27%**
Sodium 60mg	**3%**
Total Carbohydrate 52g	**17%**
Dietary Fiber 8g	**32%**
Sugars 8g	
Protein 29g	

Vitamin A 0%	• Vitamin C 260%
Calcium 8%	• Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: *NutritionRx in partnership with Chef Lindsay Sferrazza*

Makes 4 servings (500g / serving) • 1 serving = ~2.5 cups

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