

Curried Chicken In A Crock Pot

Gluten Free, Dairy Free, Paleo

8 servings

2 lbs boneless skinless chicken thighs, cut into chunks
1 large onion, peeled and chopped
2 red potatoes, cut into chunks
1 small sweet potato, cut into chunks
2 cloves garlic
1 Tb fresh ginger
1 15oz can tomato sauce
1 can full fat coconut milk
1 Tb curry powder
½ tsp turmeric
½ Tb garam masala
½ -1 tsp Celtic sea salt
1 ½ cups frozen peas
Cilantro for garnish

- In a slow cooker add chicken, onion and potatoes.
- In a blender add the garlic, ginger, tomato sauce, coconut milk, curry powder, turmeric, garam masala and ½ tsp of salt. Blend until smooth.
- Taste for seasoning, you may want to add more curry powder or salt to taste, different curry powders have different tastes.
- Pour the mixture over the chicken and cook on high for 4 hours or on low for 6 hours.
- Once the chicken is cooked skim off any thin liquid on top.
- Rinse the peas in hot water to defrost. Add to the chicken stir to heat through.
- Serve topped with cilantro.
- It is nice served with basmati rice and coconut yogurt.