

Slow Cooker Chicken Tikka Masala with Cauliflower

1. Heat the olive oil over medium high heat. Add the onion and cook for 6-8 minutes until beginning to brown. Add the garlic and ginger. Cook for 1 minute. Add the tomato paste, garam masala, paprika, salt, and cayenne pepper. Stir and cook 1-2 minutes until very fragrant.
2. Add to the slow cooker along with the chicken and diced tomatoes. Cook on high for 4 hours or low for 8 hours. Thirty minutes before it's done, add the cauliflower and coconut milk. Let finish cooking with the lid open to reduce the sauce.

For nutrition breakdown, calorie and macro count check out the original recipe at <http://www.slenderkitchen.com>

We often think of crockpot meals as “winter food”, but in reality an electric slow cooker is a fantastic tool for big batch meal prep all year. It is a simple way to feed you and your family nutritious whole food meals, even when schedules get full. Indian food is a favorite restaurant pick among my crew, but I have always been intimidated to cook it at home.

This Chicken Tikka Masala from SlenderKitchen.com is an easy one though. Throw all of the ingredients in to the crockpot before you leave for the day and come home to the delicious aromas of this Indian classic. Enjoy!