

Slow Cooker Butter Chicken

This is a slow cooker recipe but I usually make it in a large pot on the stovetop and reduce the cooking time.

1. Combine the following in a slow cooker:

- 2 onions, diced
- 3 cloves garlic, minced
- 3 tbsp (45 mL) butter
- 2 tbsp (30 mL) grated fresh ginger
- 2 tbsp (30 mL) packed brown sugar
- 2 tsp (10 mL) chili powder
- 3/4 tsp (4 mL) ground coriander
- 3/4 tsp (4 mL) ground turmeric
- 1/2 tsp (2 mL) cinnamon
- 1/2 tsp (2 mL) ground cumin
- 1/2 tsp (2 mL) salt
- 1/2 tsp (2 mL) pepper
- 1 can (28 oz/796 mL) diced tomatoes

2. Whisk together and add, then cover and cook on low for 5 – 8 hours.:

- 1 cup (250 mL) chicken broth
- 1/4 cup (60 mL) cashew butter (or almond or peanut butter)

3. With immersion blender, purée sauce until smooth. Add chicken; cook, covered, on high until juices run clear when chicken is pierced, 30 to 40 minutes. *(I also mix 2 Tbsp. corn starch into 1/4 cup chicken broth and add to the sauce to thicken it a bit.)*

- 3 lb (1.4 kg) boneless skinless chicken breast or thighs (I cut it into chunks as for a stew.)

4. Stir in sour cream and serve with rice. Sprinkled with cilantro if desired.

- 1 cup (250 mL) sour cream

Based on Recipe from Canadian Living Magazine: February 2012.