



Butter Chicken for Slow Cooker or Instant Pot

Gluten-Free, Dairy-Free Option

Serves 6 with leftovers

INGREDIENTS

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| 1 medium yellow onion, diced | 2 can (6 oz.) tomato paste |
| 1 tsp sugar | 3 cups chicken broth |
| 2 tablespoon fresh ginger, finely chopped or minced | 1/2 cup red lentils |
| 4 cloves garlic, finely minced | 1/2 cup half-and-half cream or full fat coconut milk (dairy free option) |
| 1 jalapeño, seeded, and finely chopped | 1 1/2 pounds (about 2-3) boneless, skinless chicken breasts, cut into 3/4-inch chunks or 1 1/2 lbs chicken thighs |
| 1 green pepper finely chopped | 1/2 teaspoon black pepper |
| 2 cups grated carrot (about 2) | 1 teaspoon salt |
| 1 tablespoon olive or canola oil | 3 tablespoons butter |
| 4 teaspoons garam masala | Chopped fresh cilantro (optional) |
| 2 teaspoon chili powder | |
| 2 teaspoon cardamom | |
| 1 teaspoon coriander | |

DIRECTIONS

1. In a large 12-inch skillet or Instant Pot on saute, heat the oil over medium heat until hot. Add the onion and turn heat to low to caramelize the onion adding the tsp of sugar once the onion is translucent.
2. Turn slow cooker or Instant Pot slow cooker setting on high for 4 hours. Add in the onion, garlic, ginger and jalapeno, green pepper, and carrot. Stir in garam masala, chili powder, cardamom, and coriander. Next add tomato paste and chicken broth. Cook for a couple hours.
3. Using an immersion blender, blend mixture until smooth. (Could also use a blender in batches but be careful the mixture will be hot). To the sauce add the uncooked chicken pieces, lentils and salt and pepper. Cook for another 2 hours until the chicken is cooked through and the sauce has slightly thickened.
4. Remove chicken and shred or keep in chunks. Put chicken back into the slow cooker.
5. Add half and half cream or coconut milk and remaining 3 tablespoons butter into chunks and stir into the sauce until melted.
6. Serve the chicken and sauce over hot rice. Garnish with fresh, chopped cilantro, if desired or cool and freeze in zip top freezer bags for an easy weeknight meal.

SERVING OPTIONS

With cooked rice and/or naan and cauliflower or peas.

Use to top roasted potatoes and mozzarella cheese to make a poutine.

Use leftovers to top a flatbread or naan and desired veggies to make a pizza.