



Slow Cooker Gluten-Free BUTTER CHICKEN

(Paleo appropriate)

INGREDIENTS

1. 1 lb boneless, skinless chicken breast or chicken thighs
2. 1 medium onion, diced
3. 2 tsp coconut oil
4. 4 cloves garlic, finely minced
5. 1 tsp fresh ginger, finely minced
6. 1 tsp coriander
7. 1 tsp cumin
8. 1 tsp cardamom
9. 1/2 tsp salt
10. 1/4–1/2 tsp cayenne pepper (optional)
11. 1 (14oz) can coconut milk (full fat, please)
12. 1 (6oz) can tomato paste
13. juice of 1 lime
14. 1/4c Cilantro, or to taste

INSTRUCTIONS

1. In a medium sauté pan, heat coconut oil over medium heat. Add onion and sauté until translucent and fairly tender. Add garlic, ginger, spices, and salt. Cook 1 minute longer, till all the spices are fragrant and amazing.
2. Stir in coconut milk and tomato paste and stir until well combined.
3. Add chicken to the slow cooker. Pour sauce over everything.
4. Cook on high heat for 3-4 hours or on low heat for 6-8 hours.
5. Shred or dice chicken into the sauce, squeeze in lime juice, top with cilantro, and serve with your favorite vegetable, rice, or naan.

NUTRITION

<i>Servings</i>	4 to 6
<i>PER SERVING:</i>	
<i>Calories:</i>	277
<i>Sugar:</i>	4.8g
<i>Sodium:</i>	255.9mg
<i>Carbohydrates:</i>	11.7g
<i>Protein:</i>	20.2g

Recipe by Chef Lillian chef@foodwellsaid.com

