

slow cooker

CHICKEN TIKKA MASALA

FREEZER BAG INGREDIENTS

- 1.5 lbs. boneless skinless chicken breast
- 2 large red potatoes, chopped into 1-inch chunks
- 1 medium yellow onion, chopped
- 1 15-oz. can full-fat coconut milk
- 1 15-oz. can tomato sauce
- 2 tablespoons garam masala
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon garlic powder
- 1/8 teaspoon ground ginger
- 1/8 teaspoon salt

FREEZER BAG DIRECTIONS

1. First, create the sauce by mixing together coconut milk, tomato sauce, and all spices.
2. Then, place chopped potatoes, onion, and full chicken breasts into a freezer safe gallon-sized bag and pour sauce on top.
3. Remove as much air from the bag as possible and seal tightly.
4. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and stir.
3. Cook on high for 3-4 hours or on low for 6-8.
4. Once the chicken is fully cooked, remove and chunk. Then, add chicken back in and mix.
5. Serve over rice or quinoa.

