

# 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.

