

Chicken Tikka Masala

I have always loved this dish...but I haven't always loved the list of spices it calls for. Most of them, the common housewife (that's ME) doesn't have them on hand. I'm all for using what you got, so I converted this traditional recipe using spices I had. Booya. Raise the roof!



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INGREDIENTS:

- 1 pound chicken tenders
- 1 cup tomato sauce
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- ½ teaspoon ginger
- ¼ teaspoon cayenne pepper
- HEAPING ½ cup sour cream
- Rice or quinoa for serving

DIRECTIONS:

1. In crock (4 quart), lay chicken.
2. Combine tomato sauce and spices.
3. Pour over chicken.
4. Cover and cook on low for 4-6 hours.
5. Shred chicken.
6. Stir in sour cream.
7. Serve over rice or quinoa.

Yield: 4 servings

Notes:

- This is a tad spicy...so, remember that when you're cooking. If you like to sweat, just increase the cayenne.
- This would also be excellent served over noodles...but that's not the normal way to serve it. Then again, I'm not normal.

Having lived in India, our family is pretty picky when it comes to Indian food. However, Stacy's Chicken Tikka Masala was not only eaten by the entire family but passed the "close-to-tasting-like TRUE Indian cuisine."

++Jodi: Granola Mom 4 God