

# Slow Cooker Chicken Curry

Serves 4



GLUTEN FREE



DAIRY FREE

## Ingredients

- 2 pounds boneless, skinless chicken breasts
- 6 ounces tomato paste
- 13.5 oz can coconut milk
- 1 cup onion, chopped (about 1 small onion)
- 2 cups frozen peas
- 1  $\frac{3}{4}$  cup tomato sauce (1 can)
- 2 large cloves garlic, minced
- 2 tablespoons curry powder
- 1 teaspoon salt
- 1 teaspoon crushed red pepper

## Directions

1. In a bowl, combine tomato sauce, garlic, and seasonings. Set aside.
2. Add the rest of the ingredients to a freezer bag if freezing, or to a slow cooker if cooking now. Cover with the tomato sauce/seasoning mixture.
3. Cook on low 8 hours. Shred chicken with fork and serve with brown rice or other whole grain.

## Notes

Substitute green peas for cubed butternut squash.



Recipe from Cook Well Berkeley: Freezer Friendly Meals, Spring 2016