



Garam Masala Chicken Stew with Peas and Potatoes

Crock Pot, Indian, Poultry

Prep Time: 20 mins **Cook Time:** 6 hours **Difficulty:** Easy **Servings:** 6 servings

INGREDIENTS

Nonstick cooking spray

4 chicken breasts

12 ounces red potatoes, cut into 1/2-inch cubes (4 small or 2 medium)

1 medium onion, thinly sliced

1 1/2 teaspoons grated fresh ginger

2 cloves garlic, minced

1/2 teaspoon salt

1/2 teaspoon ground black pepper

1 14 1/2 ounce can reduced-sodium chicken broth

1 8 ounce can no-salt-added tomato sauce

1 cup frozen peas

1/2 cup plain fat-free yogurt

2 teaspoons garam masala



DIRECTIONS

Lightly coat a large skillet with cooking spray. Heat skillet over medium-high heat. Add chicken, cook about 6 minutes or until brown on both sides, turning once.

Coat a 3 1/2- or 4-quart slow cooker with cooking spray or line the slow cooker with a disposable liner. In the slow cooker combine potatoes, onion, ginger, and garlic. Top with chicken. Sprinkle with salt and pepper. Pour broth and tomato sauce over all.

Cover and cook on low-heat setting for 5 1/2 hours or on high-heat setting for 2 3/4 hours.

If using low-heat setting, turn cooker to high-heat setting. Stir in peas, yogurt, and garam masala. Cover and cook for 15 minutes more.