



# INDIAN DAL CHICKEN

## • SLOW COOKER RECIPE •

1 Tbsp. olive oil

1 ½ cups onion, diced

1 Tbsp. **Oh! So Garlic**

2 lbs. (0.907 kg) boneless, skinless chicken thighs

1 red chili pepper, chopped

1 pkg. **Taste of India Spice Blend**

½ tsp. salt

2 Tbsp. tomato paste

½ cup chicken broth

1 can (400 ml) coconut milk

2 cups fresh spinach (optional)

Heat oil in a skillet on medium; sauté onion, and **Oh! So Garlic** for 2 minutes. Transfer onion mixture to slow cooker. Place the chicken thighs on top of the onion mixture and add the chili pepper. Sprinkle the **Taste of India Spice Blend**; add the salt, tomato paste, chicken broth & coconut milk.

Stir, cover and cook on LOW for 8 hours or HIGH for 3-4 hours.

At the end of cooking remove the lid and stir in the fresh spinach until wilted.

Serve with optional sides (steamed brown Basmati rice).

- **Oh! So Garlic**
- **Taste of India Spice Blend**