

Curried Chicken in a Crock Pot



Plan Z Phase: This is a Z2 (ZReduction) recipe.

Servings: Serves 6

Ingredients:

- 1 onion thinly sliced
- 4 cloves of garlic, minced (4 tsp)
- $\frac{1}{4}$ tsp of ground cinnamon
- $\frac{1}{2}$ tsp of ground cumin
- $\frac{1}{2}$ tsp of crushed red pepper flakes (or to taste)
- 2 tsp of curry powder or turmeric
- 6, 6-8 oz skinless chicken breast pieces
- 1 cup of chicken broth (approx)
- $\frac{1}{2}$ cup of diced green onions

Instructions:

Toss all ingredients except the green onions in your slow cooker. When pouring in the chicken broth make sure you cover the chicken but don't go all the way to the top rim of the pot. Leave at least an inch of room to it doesn't boil over.

Set your pot to LOW and cook 6 – 7 hours. It's done when the

chicken is no longer pink in the middle. This is not a spicy meal. It's a definite curry kick though. It will satisfy your craving for Indian food while on ZReduction. Garnish with the green onion bits.

A good dessert with this would be chilled mandarin orange slices dusted on top with cinnamon.

Enjoy!

Cheers,