

# Chicken Tikka Masala

## INGREDIENTS:

- 1 1/2 pounds boneless, skinless chicken breast, diced
- 1/2 medium sweet onion, diced
- 3 tablespoons tomato paste
- 3 cloves garlic, minced
- 1/4 teaspoon ground ginger
- 1 1/2 teaspoons garam masala
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons ground turmeric
- 1 (15-ounce) can tomato sauce
- 1 cup no salt added chicken stock
- 1/2 cup heavy cream



## DIRECTIONS:

1. In a medium to large skilled season chicken with salt and pepper, cook chicken and onion to the skillet and cook until golden, about 4-5 minutes.
2. Stir in tomato paste, garlic, ginger, garam masala, chili powder and turmeric, cook for 1 minute.
3. Stir in tomato sauce and chicken stock. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes.
4. Stir in heavy cream until heated through, about 1 minute.

Serve with rice, garnished with cilantro, if desired.

Nutrition Facts	
Servings: 5	
Amount per serving	
<b>Calories</b>	<b>197</b>
% Daily Value*	
<b>Total Fat</b> 6.2g	<b>8%</b>
Saturated Fat 2.8g	<b>14%</b>
<b>Cholesterol</b> 81mg	<b>27%</b>
<b>Sodium</b> 603mg	<b>26%</b>
<b>Total Carbohydrate</b> 8.5g	<b>3%</b>
Dietary Fiber 2.1g	<b>8%</b>
Total Sugars 5.8g	
<b>Protein</b> 28.1g	