Crockpot Butter Chicken

Slow-cooked chicken thighs in a gently spiced tomato and cream sauce

SERVES 4	PREP 20 MIN	COOK 4-5 HR LOW / 2-3 HR HIGH	TOTAL 4 HR 50 MIN (LOW)



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs, cubed
- 2 tbsp (28 g) butter
- 1 onion (150 g), finely diced
- 3 garlic cloves, minced
- 1 tbsp (6 g) grated ginger
- 2 tsp garam masala
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp fine salt
- 1 can (400 g) crushed tomatoes
- 1/2 cup (120 ml) water
- 1/2 cup (120 ml) heavy cream

METHOD

1. Put fully thawed chicken, onion, garlic, ginger, spices, salt, tomatoes, water, and butter in a 4-quart slow cooker.

2. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until chicken is tender and reaches 165 F (74 C).

3. Stir in cream and cook on HIGH for 10-15 minutes, until hot.

4. If sauce is thin, transfer it to a saucepan and simmer to reduce before returning chicken.

5. Serve with rice or naan.

TIP: Add cream near the end so the sauce stays smooth. For a dairy-free variation, use coconut cream and neutral oil.

SAFE STORAGE: Check the thickest center with a food thermometer; chicken must reach 165 F (74 C). Refrigerate in shallow covered containers within 2 hours (1 hour above 90 F / 32 C); keep at or below 40 F / 4 C and use within 3-4 days.

SERVE: Serve four portions with rice or naan.