

SLOW COOKER INDIAN CHICKEN STEW

INGREDIENTS:

- 2 pounds boneless chicken breasts, cut into 1-inch pieces
- 1/2 cup onion, chopped
- 3 garlic cloves, minced
- 5 teaspoons curry powder
- 2 teaspoons ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 15-ounce can garbanzo beans, rinsed and drained
- 1 tomato, diced and drained
- 1 cup chicken broth
- 1 bay leaf
- 2 tablespoons lime juice
- 1 9-ounce bunch fresh spinach
- 4 cups rice, cooked

DIRECTIONS

1. Add chicken, onion, and garlic to the slow cooker. Add curry powder, ginger, salt, and pepper; toss to coat.
2. Stir in beans, tomatoes, broth, and bay leaf.
3. Cover and cook on low-heat setting for 8–10 hours or on high-heat setting for 4 to 5 hours.
4. Stir in lime juice. Add spinach and let stand for 2–3 minutes or until spinach starts to wilt.
5. Serve in bowls with hot rice.

Nutrition Facts

Serving Size 1 1/2 cups (307g)
Servings Per Container 8

Amount Per Serving

Calories 260 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 260mg **11%**

Total Carbohydrate 40g **13%**

Dietary Fiber 7g **28%**

Sugars 3g

Protein 19g

Vitamin A 30% • **Vitamin C 25%**

Calcium 8% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

