

Crockpot Chicken Tikka Masala

Printable grocery list · Serves 6

- ☐ Boneless skinless chicken breast
- ☐ Plain fat free Greek yogurt
- ☐ Lemon juice
- ☐ Ground cumin
- ☐ Ground coriander
- ☐ Paprika
- ☐ Ground turmeric
- ☐ Ground cinnamon
- ☐ Cayenne pepper
- ☐ Minced garlic
- ☐ Ground ginger
- ☐ Olive oil
- ☐ Onions
- ☐ Can of tomato puree
- ☐ Fat free half and half
- ☐ Fresh cilantro
- ☐ Salt & pepper