Lightened Up Chicken Vindaloo

Printable grocery list · Serves 4

PROTEIN

- [ ] 1 lb chicken breast

PRODUCE

- [ ] 1 onion
- [ ] 3 garlic cloves
- [ ] 1 tsp fresh ginger
- [ ] 2 tbsp fresh cilantro

CANNED & PANTRY

- [ ] 1 cup canned crushed tomatoes
- [ ] 1 tbsp tomato paste
- [ ] 2 tbsp apple cider vinegar
- [ ] Olive oil spray

SPICES

- [ ] 1 tsp ground cumin
- [ ] 1 tsp ground coriander
- [ ] 1/2 tsp turmeric
- [ ] 1/4 tsp cayenne pepper
- [ ] 1 tsp garam masala
- [ ] Salt