

Eat Happy Kitchen
Anna Vocino

BUTTER CHICKEN (Slow Cooker and Instant Pot)

(Serves 4)

Tomato Sauce

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 (14-ounce) can diced tomatoes, puréed
- 1 tablespoon tomato paste
- 1 teaspoon salt

Heat the olive oil in a sauce pan to medium high heat and cook the minced garlic until fragrant, about 1-2 minutes, being careful not to burn the garlic. Add tomatoes, tomato paste, and salt, stirring until smooth. Bring to a boil, then reduce heat and let simmer 7-10 minutes, stirring occasionally. Remove from heat.

Spice Mix

- 1 1/2 teaspoons ground coriander
- 1 1/2 teaspoons salt
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground cardamom
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg

In a small mixing bowl, whisk together all ingredients.

Butter Chicken

- 2 tablespoons butter (or use olive oil for dairy free)
- 1 sweet onion, diced
- 1 tablespoon minced garlic
- 1 teaspoon freshly grated ginger root
- 2 pounds boneless skinless chicken thighs, cut into 1" pieces, seasoned with salt and pepper
- Spice Mix (see recipe above)
- Tomato Sauce (see recipe above or use 2/3 jar [Eat Happy Kitchen Marinara](#))
- 2 red bell peppers, de-stemmed and deseeded, cut into 1" pieces
- 1 green bell pepper, de-stemmed and deseeded, cut into 1" pieces
- 1/2 cup heavy cream (or use full fat canned coconut cream for dairy free)
- 1 tablespoon fresh cilantro, chopped for garnish

Slow Cooker Instructions:

Using the sauté setting of the slow cooker (or in a flat-bottomed pan on medium high heat on the stove top), heat the butter until melted. Cook the onion until soft, about 4-5 minutes. Add in the garlic and grated ginger and cook another 1-2 minutes until fragrant, but being careful not to burn. Add the chicken pieces and cook until the edges start to brown, about 2 minutes, flipping pieces with tongs to make sure the pieces are browning on all sides. Sprinkle the Spice Mix all over the chicken pieces and toss the chicken to coat. Pour in the Tomato Sauce, and stir gently. Cover the slow cooker (or pour the contents from the pan into the slow cooker), switch to the "High" setting, and cook for 4-5 hours. With one hour remaining, add in the red and green bell pepper pieces. When done cooking, turn off the heat and stir in the heavy cream until evenly incorporated. Serve the stew in bowls, garnished with fresh chopped cilantro.

Instant Pot Instructions:

On the Instant Pot Sauté setting, heat the butter until melted. Cook the onion until soft, about 4-5 minutes. Add in the garlic and grated ginger and cook another 1-2 minutes until fragrant, but being careful not to burn. Add the chicken pieces and cook until the edges start to brown, about 2 minutes,

flipping pieces with tongs to make sure the pieces are browning on all sides. Sprinkle the Spice Mix all over the chicken pieces and toss the chicken to coat. Pour in the Tomato Sauce, and stir gently. Cover the Instant Pot with the vent set to “Sealing.” Let it cook on the Manual setting to 10 minutes. Let the Instant Pot pressurize, cook, and the depressurize for 15 minutes. Flip the vent to “Venting” and let the steam release. Remove the Instant Pot lid when the metal float valve has fully descended. Switch to Sauté setting and add the red and green bell pepper pieces. Let cook for 10-15 minutes, stirring often, until the bell pepper pieces are soft and making sure the sauce doesn’t burn. Turn off the heat and stir in the heavy cream until evenly incorporated. Serve the stew in bowls, garnished with fresh chopped cilantro.

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