

Summer Tomato Chicken Curry

5-6 frozen chicken tenderloins

5 cloves garlic, minced

1 tsp salt

½ tsp black pepper

½ tsp cayenne pepper

¼ tsp ground coriander

½ tsp cumin

¼ tsp cardamom

2 T yellow curry powder

1 T lime juice

1 whole onion, diced

1 can of diced tomatoes (blended)

2 8oz cans of tomato sauce

1 can coconut milk (full-fat is best)

1 medium zucchini, sliced

2 medium carrots, sliced

Place all ingredients in a slow cooker, except for the can of coconut milk. Cook on low for 6 hours or high for 3 hours. When finished cooking, shred the chicken with a fork. Add the can of coconut milk and stir. Serve over your favorite cooked rice.

