

# CHICKEN TIKKA MASALA

## INGREDIENTS:

- 1 cup basmati rice
- 1 1/2 tablespoons canola oil
- 1 1/2 pounds boneless, skinless chicken cut into 1-inch chunks
- Any root veggies (I like sweet potatoes, squash, carrots – whatever I have)
- 3 cloves garlic, minced
- 1 1/2 teaspoons chili powder
- 1 1/2 teaspoons ground turmeric
- 1 (15-ounce) can tomato sauce
- 1 cup chicken stock
- 1/2 cup heavy cream

## DIRECTIONS:

1. In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
2. Heat canola oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken and veggies to the stockpot and cook until golden, about 4-5 minutes.
3. Stir in, chili powder and turmeric until fragrant, about 1 minute.
4. Stir in tomato sauce and chicken stock; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer, stirring occasionally, until reduced and slightly thickened, about 10 minutes.
5. Stir in heavy cream until heated through, about 1 minute.
6. Serve immediately with rice

