

# Chicken Tikka Masala

## Ingredients:

1 lb. diced chicken (pre-cooked)	
2 Tbsp. butter	1/2 tsp. turmeric
1 cup onions, diced	1 can (15 oz.) tomato sauce
1/2 Tbsp. garlic, minced	1 1/4 cups milk
2 Tbsp. cumin	1 Tbsp. paprika
1 1/2 tsp. salt	1 Tbsp. sugar
1 1/2 tsp. ginger	1 1/4 tsp. curry powder
1 1/4 tsp. cinnamon	Salt and pepper to taste

## Instructions:

1. Heat butter in a large stock pot over medium heat. Add onion and cook about 1 minute. Stir in garlic and cook 1 minute. Stir cumin, salt, ginger, cinnamon, and turmeric into the onion mixture. Cook for 2 minutes.
2. Stir tomato sauce into the onion mixture. Bring to a boil and reduce heat to low. Simmer for 10 minutes. Slowly mix in the milk, paprika, and 1/2 cup sugar. Bring sauce back to a simmer and cook, stirring often, until sauce thickens (about 10 to 15 minutes).
3. Add chicken and curry powder to the sauce mixture. Simmer chicken in sauce until hot (about 10 to 15 minutes). Adjust taste with salt and pepper.

**Serve it with brown rice or whole grain naan bread.**

\*Recipe adapted from All Recipes website.