

Chicken Masala

Ingredients:

- 3 large Chicken Breasts sliced into $\frac{3}{4}$ inch chunks
- 2 $\frac{1}{2}$ cups finely chopped fresh onion
- 1 16oz can of diced tomatoes (no spices added)
- 1 tsp ground cumin
- 1 tsp ground coriander
- $\frac{1}{2}$ tsp ground cloves
- $\frac{1}{2}$ tsp cinnamon
- 1 tsp ground cardamom
- 4 cloves of garlic finely chopped
- 2 tsp grated ginger root (or 1 tsp ground ginger)
- 2 tbps oil
- Salt

Process:

- Mix together the cumin, coriander, cloves, cardamom, cinnamon, garlic and ginger with $\frac{1}{4}$ cup water. Set aside
- Put oil in pot and brown chicken until all of the water from the chicken is gone. Salt the chicken.
- Add the chopped onions and cook for 3 minutes.
- Add the can of tomatoes along with the liquid from the can
- Add the spice mix and stir.
- Reduce heat to very low and cook covered for 2-3 hours stirring occasionally

Serve with:

- Saffron Rice (below)
- Naan (Indian flat bread) or pita

Saffron Rice

Basmati or Jasmine Rice

Saffron (big pinch)

Some dry chicken bouillon

Optional:

- Sunflower seeds
- Mushrooms
- Skinned grape tomatoes