



# Slow Cooked Chicken Keema

## INGREDIENTS

2 tsp butter  
1 onion, finely chopped  
1 garlic clove; minced  
1 tsp fresh ginger; minced  
1 pound ground chicken  
1 tsp kosher salt  
20 oz crushed tomatoes

4 TBS cilantro; chopped  
1 jalapeno; seeded and chopped  
 $\frac{3}{4}$  tsp ground coriander  
 $\frac{3}{4}$  tsp ground cumin  
 $\frac{3}{4}$  tsp chili powder  
 $\frac{3}{4}$  tsp ground turmeric  
 $\frac{3}{4}$  tsp garam masala

$\frac{3}{4}$  tsp ground cinnamon  
 $\frac{1}{4}$  cup carrots; diced  
 $\frac{1}{4}$  cup zucchini; diced  
 $\frac{1}{4}$  cup mushrooms; sliced  
 $\frac{1}{4}$  cup peas  
1-2 cups fresh spinach  
juice of 1 lime

## DIRECTIONS

In a large nonstick skillet, melt butter over medium heat. Add the onion and cook, stirring, until golden, 6 to 8 minutes. Add the garlic and ginger and cook until fragrant, 2 minutes. Add the ground chicken and salt and cook, breaking up the meat with a wooden spoon as it cooks, 5 to 6 minutes. Transfer to a slow cooker and add tomatoes, 2 TBS of the cilantro, the jalapeno, coriander, cumin, chili powder, turmeric, garam masala, and cinnamon. Stir well. Add all vegetables except spinach. Cover and cook on high 2 hours or on low for 3 hours. Add the spinach during the last 30 minutes of cooking time. Before serving add the remaining 2 tablespoons cilantro, and lime juice. Makes approximately 4 servings; 125 calories each.