**Chicken Masala**

**The Ingredients**

6 boneless, skinless chicken thighs

1 cup diced onion

1 (15-ounce) can diced tomatoes, drained (I added just a little bit of the tomato juice to the Crockpot)

2 garlic cloves, minced

½ teaspoon ground ginger

½ teaspoon ground coriander

¼ teaspoon cayenne pepper

1 teaspoon garam masala

½ cup plain nonfat yogurt (omit if on the cleanse program)

**The Directions**

Use a 4-quart slow cooker. Put the chicken and onion into the stoneware. In a small bowl, combine the tomatoes with the garlic and all the spices, reserving ½ teaspoon of garam masala for use later. Pour the tomato mixture on top of the chicken. \*\*Cover and cook on low for 8 hours, or on high for 4 hours. Shred the chicken with two forks, and stir in the yogurt. Add the remaining ½ teaspoon garam masala, or more to taste. There is no salt added, so salt at the table to taste.

\*\*My Crockpot cooked the chicken much faster, 4 hours on low! You just need to experiment with your own Crockpot and settings.