

## **Curried Chicken and Squash**

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Chicken thighs are tender in this fragrant dish made creamy with yogurt.

### **Ingredients**

1/3	Cup	Tomato Paste
1	Can	Diced Tomatoes, 14 ounce
4	Cloves	Garlic, minced
2	Tablespoons	Curry Powder
1	Tablespoon	Fresh Ginger, grated
1	Teaspoon	Ground Cumin
1	Medium	Onion, chopped
1	Cup	Squash, peeled, seeded and cubed
2 1/2	Pounds	Boneless Skinless Chicken Thighs
1/2	Teaspoon	Sea Salt
1/2	Teaspoon	Freshly Ground Black Pepper
1/2	Cup	Plain Greek Yogurt
1/4	Cup	Cilantro, chopped
		Brown Rice, cooked

### **Instructions**

1. Into an i-stir slow cooker, combine tomato paste, diced tomatoes, garlic, curry powder, ginger, cumin, and 1/2 cup water. Add onion, squash, chicken, sea salt and pepper.
2. Cover and cook on low for 7 to 8 hours or on high for 3 hours.
3. Twenty minutes before serving, cook the rice according to the package directions.
4. Just before serving, stir in yogurt. Top with cilantro, and serve with brown rice.