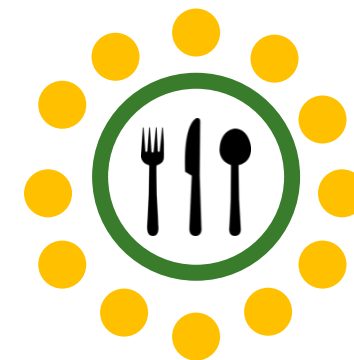


recipe of the week:

Slow Cooker Panang Curry with Chicken & Rice



ingredients:

directions:

2 Tbsp. no-calorie sweetener – 3 packets

1. Combine no calorie sweetener, curry powder, cumin, coriander & red pepper flakes. Sit aside.

2 tsp. curry powder

2. Add onion, garlic, chicken, sweet potato, broccoli, diced tomatoes, tomato paste, water and coconut milk to slow cooker.

1 tsp. cumin

3. Sprinkle spice mixture and basil over the mixture in the slow cooker.

1 tsp. coriander

4. Cover and cook on low heat for 8 hours.

1-3 tsp. crushed red pepper flakes

5. Serve over rice.

1 medium onion, diced

3 cloves garlic

1 lb. boneless, skinless chicken breasts, cut into 1 in. cubes

1 medium sweet potato, cut into 1 in. cubes

1½ cups broccoli florets

14.5 oz. canned, diced, no salt added tomatoes

6 oz. canned, no salt added tomato paste

1 cup water

¾ cup canned, unsweetened, coconut milk

¼ cup fresh basil leaves thinly sliced

Presented by:

