Indian Chicken Curry

Prep time: 10 min.  Cook time: 30 min.  Yield: 4

Ingredients:
- □ 5 tomatoes
- □ 2 ea. garlic cloves
- □ 1 1/2 tablespoons ginger
- □ 1 pound chicken thigh (boneless and skinless)
- □ water, for boiling
- □ 1 tablespoon Canola oil
- □ 1 tablespoons cumin seeds
- □ 1 tablespoons turmeric powder
- □ 1 teaspoons chili powder
- □ 1 tablespoons coriander seed powder
- □ 1 teaspoon salt
- □ 3-4 cardamom pods
- □ 1 cup (or less) water
- □ 1 cup sour cream (Optional)
- □ 1/4 bunch cilantro
- □ 4 ea. Naan

Procedures:
1. Dice tomatoes and mince garlic and ginger.
2. Place the chicken in a boiling water and cook for 15 minutes. After it is cooked, dice chicken.
3. Heat canola oil in a pan and add cumin seeds, ginger, garlic and sauté for 1 minute.
4. Add diced tomatoes, turmeric powder, chili powder, coriander seed powder, salt and cardamom pods cook for 10 minutes on medium high heat.
5. Add 1 cup of water and bring it to a boil.
6. Add the cooked chicken to curry. Simmer for 5 minutes.
7. Add sour cream (optional) and remove from heat. Garnish with cilantro.
8. Serve with Naan.

Total Cost of this meal: $11.56 or $2.89/serving

Turmeric, native to South Asian – primarily India – is part of the ginger family and contains about 15% of Daily Values for Iron in a 1Tbsp. serving.

Many different cultures worldwide have used turmeric for its medicinal benefits as an anti-inflammatory, pain-relieving, antibacterial, diuretic agent, stimulant, and antioxidant among many other uses – treating a variety of diseases and illnesses.