

Chicken Curry Recipe

Ingredients

- 1/8 cup canola oil
- 2 cups chopped onions
- 3 inches cinnamon sticks
- 3 tablespoons minced garlic
- 2 tablespoons minced ginger
- 1 can diced tomatoes
- 1 tablespoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon turmeric
- 1 tablespoon ground cumin
- 1 tablespoon ground garam masala
- 1/2 teaspoon cayenne pepper
- 3 lbs (1.36kg) boneless skinless chicken thighs
- 1 cup low-fat sour cream, stirred
- 1 cup water
- 1/2 cup chopped fresh cilantro

Directions

- Heat the oil on medium-high.
- Add the onions and the cinnamon stick and sauté until the onions turn golden (5 to 8 minutes).
- Add garlic and cook for another 4 minutes.
- Add ginger, tomatoes and the spices (salt, black pepper, turmeric, cumin, garam masala, and cayenne). Cook for 5 minutes.
- Add chicken to the masala, turning and coating the pieces well.
- Cook for 10 minutes, until the chicken starts to brown.
- Stir in the sour cream and water and increase the heat to medium-high.
- Wait for a boil, reduce heat and cover. Let simmer for 45 minutes or more.
- Remove from the heat, stir in cilantro.

Serve with basmati rice and side salad.

Enjoy!