

## **Spicy Curry**

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**Servings: 6**

**Preparation Time: 15 minutes**

**Cook time: 8 hours**

**2 pounds skinless chicken thighs**

**3 teaspoons curry powder**

**3/4 teaspoon garlic salt**

**1/4 teaspoon cayenne pepper**

**1 large onion, thinly sliced**

**1 pound potatoes, peeled and cut into 1/2-inch pieces**

**1 can (14 1/2 oz) diced tomatoes**

**1 cup reduced-sodium chicken broth**

**2 tablespoons quick-cooking tapioca**

**1 can (15 oz) chickpeas, drained and rinsed**

**cooked basmati rice**

**6 biscuits, following package directions**

Coat the slow cooker with nonstick cooking spray.

Place the chicken thighs in the slow cooker and season with the curry seasoning, garlic salt and cayenne pepper.

Scatter the onion and potatoes over the chicken.

Stir together the tomatoes, broth and tapioca. Pour over the onions and potatoes.

Cover and cook on HIGH for 5 and 1/2 hours or LOW for 7 1/2 hours.

Stir in the chickpeas. Cook an additional 30 minutes. Remove the bones.

Serve over the basmati rice with the biscuits on the side.

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Per Serving (excluding unknown items): 492 Calories; 13g Fat (23.0% calories from fat); 30g Protein; 65g Carbohydrate; 9g Dietary Fiber; 74mg Cholesterol; 891mg Sodium. Exchanges: 4 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.