



Low Carb Diabetes Association

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Chicken Yellow Curry Crock Pot And Cauliflower Rice

Ingredients:

- * 1.5 lb boneless chicken breasts or thighs, cut into chunks
- * 6 cups of veggies, chopped (whatever you wish, onion, green beans, broccoli, cauliflower, bell pepper, etc).
- * 1-14 oz can of full fat coconut milk
- * 1 cup crushed tomatoes
- * 1 cup water
- * 1 TBSP cumin
- * 2 teaspoons each of: coriander, ginger, garlic, powder, cinnamon, salt
- * Optional: ½ teaspoon cayenne pepper
- * Cauliflower rice (already bagged from store) or see recipe below.

Directions:

1. Cut the chicken and veggies into medium large chunks. Add to crock pot.
2. Stir in the coconut milk, crushed tomatoes, and water.
3. Add in spices and stir to combine everything.
4. Cook on low for 5-6 hours.
5. Serve over cauliflower rice.

Cauliflower Rice

Ingredients:

- * 1 cauliflower
- * 1 TBSP oil

1. Cut cauliflower into 4 large sections
2. Rice the cauliflower using shredding blade on food processor OR pulse cauliflower in food processor with chopping blade, OR grate by hand with grater.
3. Transfer to clean towel or paper towel and press to remove any excess moisture
4. Heat fat in large frying pan over medium heat—add in cauliflower rice and sauté until just cooked through, using a lid, about 5 minutes.