Healthy Recipe of the Week
Use Organic ingredients whenever possible.

Indian Butter Chicken
From www.melskitchencafe.com

1		onion (peeled and diced)
1	Tbs	fresh ginger (finely chopped)
2		cloves garlic (finely chopped)
1		jalapeno (seeded and finely chopped)
1	Tbs	olive or canola oil
2	tsp	garam masala
1	tsp	chili powder
1	tsp	cardamom
1/2	tsp	coriander
1	can	tomato paste (6 oz.)
2	cups	chicken broth
1/2	cup	coconut milk
1 1/2	lb	boneless, skinless chicken breasts (about 2-3, cut into 3/4-inch chunks)
1/2	tsp	black pepper
1	tsp	Salt
3	Tbs	butter (grass-fed, raw butter is best!)
		hot cooked brown rice for serving
		chopped fresh cilantro for extra garnish

Instructions

In a large 12-inch skillet, heat the oil over medium heat until hot. Add the onion, ginger and jalapeno. Stir often while cooking until the onion is translucent, about 4-5 minutes. Stir in garlic, garam masala, chili powder, cardamom, and coriander. Cook stirring, constantly for another minute.

Scrape the mixture into a blender or food processor and add tomato paste and chicken broth. Blend until the mixture is smooth. Pour the sauce back into the skillet and add the coconut milk. Bring the mixture to a simmer over medium heat and add the chicken pieces and the salt and pepper. Stir. Keep the sauce at a simmer, stirring occasionally, and cook for 10-15 minutes, until the chicken is cooked through and the sauce has slightly thickened.

Cut the 3 tablespoons butter into chunks and stir into the sauce until melted. Serve the chicken and sauce over hot rice. Garnish with fresh, chopped cilantro, if desired.