



Butter Chicken



Ingredients



(Murgh Makhani)

- 1/2 stick unsalted butter
- 1 medium onion, sliced
- Kosher salt
- 4 cloves garlic, minced
- 2 Tbsp. finely minced ginger
- 4 Tbsp. garam masala
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 lb. chopped chicken thighs (boneless, skinless)
- 1, (28 oz.) can crushed tomatoes
- 1/4 cup heavy cream
- 2 tsp. sugar

Yield: 5 servings
Serving Size: 1 cup



Directions



1. Melt half the butter in a skillet or thick bottomed pan.
2. Add onions and cook on medium high heat until they start to brown and caramelize.
3. Turn down heat to medium and add ginger and garlic and cook until very fragrant and ginger turns golden brown. Add garam masala and cook for a minute until readily fragrant.
4. Add tomatoes, turmeric, paprika, and the rest of the butter and bring to a simmer. Let mixture cook for 30 or more minutes.
5. In a separate oiled skillet cook chicken until fully done and golden brown and add to the sauce.
6. Add sugar, cream, and salt to taste and cook for another 5-10 minutes. Serve and enjoy with steamed rice, fresh cilantro, and chutney.

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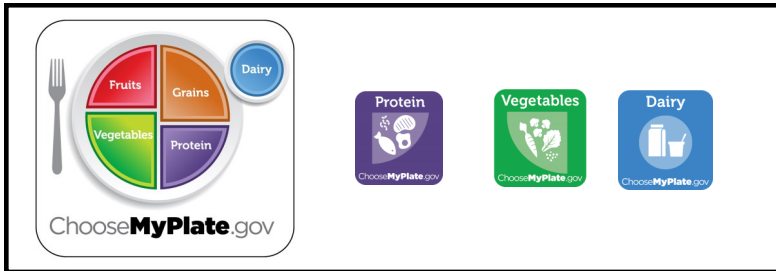
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Fast Facts



Featured Food Groups



Cooking Tips



- Try blending the sauce before adding the chicken for a velvety texture.
- After cooking the chicken on high in the separate skillet, add a cup of water to deglaze the pan to get up the brown bits stuck to the bottom of the pan and add the entire mixture to the sauce for more flavor.

Nutrition Facts



Nutrition Facts

5 servings per container	
Serving size	1 cup
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 11g	55%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 7g	
Cholesterol 155mg	52%
Sodium 650mg	28%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 2g Added Sugars	4%
Sugar Alcohol 0g	
Protein 26g	52%
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 2mg	10%
Potassium 918mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

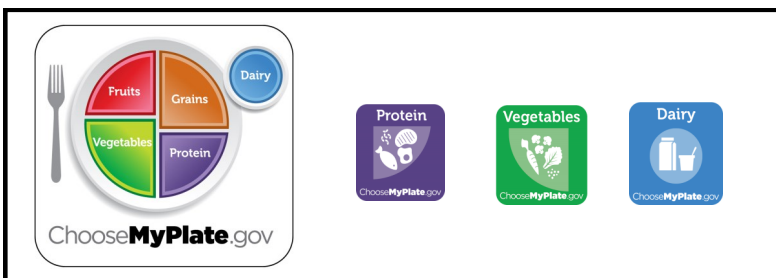
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