

Skinny Tikka

Masala



Heirloom OG member Allison Beers serves this with chick peas on a bed of riced cauliflower and sweet potato. Yum!

Ingredients

- 2 tsp olive oil
- 1 small onion, minced
- 1 tbsp fresh ginger, grated
- 3 cloves garlic, crushed
- 1 1/2 cups crushed tomatoes
- 4 oz fat free yogurt
- 1/2 cup milk
- 1 tbsp cumin
- 1 tbsp [garam masala](#)
- 1 tsp turmeric, optional
- 1/2 tbsp chili powder
- salt to taste
- 4 tbsp fresh cilantro, or to taste

Instructions:

1. Heat oil in a large heavy skillet over medium heat. Add the onions and cook until golden.
2. Add the crushed ginger, stir for a few minutes then add the garlic and cook another minute. Add cumin, garam masala, turmeric, chili powder, and salt; mix well until fragrant, about 2 minutes.
3. Stir in tomatoes, yogurt and milk. Simmer on low heat until sauce thickens, about 10 minutes.
4. Add a generous amount of chopped cilantro and serve with Basmati rice, Naan, or califlower rice like Allison did.

Options:

- If you want a meat version, use 2 boneless chicken breasts, cut into bite sized pieces (about 1lb). Add the pieces to the sauce after it's thickened and simmer it in the sauce for 10-15 mins or until cooked through.