

# Chicken Tikka Masala Stuffed Peppers

from [LowCarbKaye.com](http://LowCarbKaye.com)

In the last year or two, I've developed an addiction to chicken Tikka Masala. And while I can get a decent canned version of the sauce at Kroger (no sugar added!), I've been wanting to make it at home. So this gives me a perfect option and I don't feel deprived of the naan that I usually sop up the extra sauce with.

## Ingredients:

- 1 lb. chicken boneless/skinless chicken breasts, cubed
- 1/2 cup yogurt (Greek preferred)
- 1 generous teaspoon garam masala seasoning\*
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
  
- 1 tablespoon olive oil
- 4 tablespoons butter, divided (1 + 3)
- 1 small onion, diced (or 1 cup prepared chopped onion—thawed and drained if frozen)
- 1 tablespoon minced or grated ginger (1.5 tsp. dry ground ginger)
- 2 cloves garlic, minced (2–3 tsp.)
- 1 14.5-ounce can crushed or pureed tomatoes
- 1/2 to 2/3 cup tomato sauce (to taste)
- 1 heaping tablespoon garam masala seasoning
- 1/2 teaspoon cayenne pepper (more or less to taste)
- 1/2 to 3/4 cup heavy cream or canned coconut milk
- 1½ cups cauliflower rice\*\*
- 3 or 4 large bell peppers, topped and seeded

## Tools & Utensils:

- Knife, cutting board
- Measuring cup/spoons
- Gallon-size zip-top plastic bag
- Strainer/colander
- Large tall-sided skillet or saucepan
- Bowl to hold chicken when cooked
- Slotted spoon



## Instructions:

### **Marinate Chicken Ahead of Time:**

In the zip-top bag, combine the chicken, yogurt, teaspoon garam masala seasoning, salt, and pepper. Seal bag and smooch around until seasonings and yogurt are well mixed and chicken is thoroughly coated. Marinate at least 30 minutes to overnight.

Preheat oven to 350°F.

1. Pour marinated chicken through colander to remove as much of the yogurt as possible.
2. In large skillet or saucepan over medium-high heat, heat olive oil plus 1 tablespoon butter. Add chicken and sauté until just cooked through.
3. Remove chicken to bowl and set aside.
4. Add remaining 3 tablespoons butter to pan (still over medium-high heat). As soon as it is melted and starting to bubble just a bit, add onions and ginger. Sauté until onions are softened.
5. Add garlic and sauté 1 minute, until fragrant.
6. Return chicken to pan and add tomatoes, 1 tablespoon garam masala seasoning, and cayenne pepper and bring to a boil.
7. Reduce heat, cover, and simmer 10 to 15 minutes.
8. Add 1/2 cup cream/coconut milk and return to a slow simmer. If sauce is too thick, add additional 1/4 cup cream/coconut milk OR tomato sauce. Remove from heat and stir in cauliflower rice. Taste and re-season if necessary.
9. Arrange prepared peppers in a baking dish just large enough to hold them all standing upright (9x9- or 9x13-inch with tall sides will probably work well for four large peppers). Using a slotted spoon, fill each pepper with tikka masala. If desired, pour any remaining tikka masala sauce over peppers/into baking dish.
10. Bake 30 to 40 minutes, or until peppers are cooked through but not mushy.

\*I purchased [ready-made garam masala](http://allrecipes.com/recipe/142967/easy-garam-masala/)—be sure to look for a mixture that doesn't include paprika. You can find a recipe to make your own mixture at All Recipes:  
<http://allrecipes.com/recipe/142967/easy-garam-masala/>

\*\*You can buy the already “riced” cauliflower, or you can make your own using fresh (not frozen/thawed) cauliflower and a box grater or a food processor. If you use a food processor, be careful to pulse it until it's in “granules” and not mush! One pound of fresh cauliflower should yield approximately 4 cups of “rice.”