

# Crock Pot Chana Masala



So I recently riddled my fans on [Facebook](#) about whether they would want a crock pot chicken marsala or crock pot chana masala recipe... and of course, you guys asked for both! So as promised, I have created both recipes and I'm sharing them with you this week. First up, is chana masala (even though I made the other recipe first!), but since that is the smell filling

my house, it is the first to write up and share. It's like the amazing fumes are traveling through my body and out my fingertips as I type.

You might recognize this dish from your local Indian buffet. With just a few ingredients, but plenty of seasonings and flavor, it's a great side dish. Served with rice and naan bread, it makes a fantastic dinner. I think it's a great introduction to Indian food too because it's not too potent or unfamiliar in flavor. I would still consider myself a novice with cooking Indian food and I much prefer to go out and eat someone else's delicious recipes than my own, but sometimes it's nice to try something new and customize it yourself.

(I really like the [Simply Organic herbs](#) from Amazon. I think they are affordable and a quality product. I've linked each ingredient so you can buy them if you'd like to use what I use, too. I do not work with them directly, but I do use them consistently.)

So here's my go at crock pot chana masala. I hope you are inspired to try cooking something new, too!

## **Crock Pot Chana Masala**

**Prep Time: 10 minutes**

**Cook Time: 6 hours**

**Serves: 8-10 people**

1 28 oz. can chick peas, drained

1 28 oz. can diced tomatoes, NOT DRAINED

2 cloves garlic, minced

1/2 yellow onion, diced (= about 1/2 cup)

1/2 t. [ground coriander](#)

1/2 t. [cumin powder](#)

1/2 t. [turmeric powder](#)

1 t. [garam masala powder](#)

1 t. minced fresh ginger

1 T. fresh cilantro leaves, sliced

1 lime, cut into wedges

Put all ingredients in crock pot and mix together. Cook on low for 6 hours. Serve with a lime wedge to squeeze for flavor, a side of basmati rice and naan bread for a complete meal.

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## **[Crock Pot Tom Kha Soup](#)**

A few years ago, I published [this watered down version](#) of my favorite Thai soup. I was just learning to experiment with Thai cooking and didn't have access to the necessary ingredients for this recipe, so I made it with the closest things I could find.

That recipe was FINE. It satisfied my craving for this delicious chicken and coconut milk soup, but I recently decided that I wanted to up the ante and do it correctly, with the legit ingredients. I accepted my own challenge and I'm thrilled with the results. The old version tasted good, no doubt. But this recipe tastes AUTHENTIC.



Thai basil is not the same as regular basil- make sure you grab the correct ingredient!

I can't really explain what makes this soup so good, other than it's ingredients I don't usually cook with at home. Please use fresh herbs, it makes all the difference. You can find fresh lemongrass and Thai basil at some grocery stores

and at many international grocery markets. Thai basil is not the same as regular basil- make sure you grab the correct ingredient!

I am blessed to have an amazing neighbor that is gifted with a green thumb; she shares fresh herbs with me and I, in turn, share the foods with her. It's a great exchange and I am grateful for her friendship. I am envious of her ability and patience to garden and someday, I'll be motivated to do more than just putting fresh herbs into mason jars on my bay window!

Try this recipe and see how it compares to your favorite local Thai restaurant. You might figure out that eating at home is just as good, if not fresher and better!

## **Crock Pot Tom Kha Soup**

**Prep Time: 15 minutes**

**Cook Time: 5 hours**

**Serves: 4**

2 c. vegetable or chicken broth

1 13.5 oz can [coconut milk](#)

1 12" stalk fresh lemongrass, greens removed; bruise the stalk and then cut into 3" sections

1 2" fresh ginger root, peeled and slice into 6 quarter-sized slices

1/2 lb fresh oyster mushrooms, cleaned and quartered

1 lb. boneless, skinless chicken thighs, cut into bite-sized chunks

1 T. [fish sauce](#)

1 t. sugar

1 T. fresh lime juice

1 t. [Thai chili paste](#)

1/4 c. fresh kaffir lime leaves

1/4 c. fresh Thai basil leaves

1/4 chopped fresh cilantro leaves

1 lime, cut into wedges

Put all ingredients except cilantro and lime wedges into crock pot and stir. Cook on low for 5 hours. Before serving, remove all kaffir lime leaves, Thai basil leaves, and lemongrass stalks (optional to remove ginger slices, too). When serving, add chopped fresh cilantro leaves and lime wedge on top. Serve with bowl of white rice.

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## [Crock Pot Chicken Tortilla Soup](#)

The morning is half over and my whole family is still wearing pajamas. Yay for snow days! But since it's dreadful and cold outside, I need something hot and satisfying to fill our bellies. I decided that we should head south of the border tonight and enjoy some Mexican fare, so today I am sharing my recipe for chicken tortilla soup. This recipe is simple and easy (and note— it freezes well, too!) and you can definitely vary the spiciness of the dish, depending how much heat your mouth can withstand.

I am sharing my basic recipe for this soup, but feel free to add any of the following to the pot for additional spice. I would recommend only picking one or two of these things as each one packs a punch:

1/2 t. cayenne pepper OR

1 chopped jalapeno pepper OR

1 t. Tabasco sauce

You can also decorate your chicken tortilla soup in a variety of ways. Try sprinkling some fresh, chopped cilantro on top, or a few slices of avocado. If the spice is more than you anticipated, cut it with some shredded monterey jack cheese or a dollop of sour cream. Most restaurants serve this soup with tortilla strips— you can crumble regular tortilla chips on top for the same effect. Or just like an old scantron test, you can select E. All of the Above (that's the correct answer!!)

We might be skating on the lawn and building a snowman on the porch, but at dinner tonight, we'll all be saying "Ole!"

1 28 oz. can petite diced tomatoes

2 10 oz. cans diced tomatoes with green chiles

1 15 oz. can sweet corn, no salt added (drained)

1 lb. frozen chicken breasts or tenders

1/2 medium onion, chopped

2-3 cloves garlic, minced

1 T. chopped fresh cilantro

1 bay leaf

1 t. chili powder

1 t. cumin

1/2 t. black pepper

1/2 t. salt

Put all ingredients in crock pot and stir so that the spices mingle with all of the solid foods. Cook on low for 6 hours. Remove chicken, shred it and then put back in crock pot for one hour. Serve with any of the additional spices or toppings outlined above.

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## Crock Pot Thai Chicken soup

One of my favorite new indulgences is Thai food. I started a few years ago with Pad Thai. It's like the thai version of lomein, which is really just a step above the college-grade ramen noodle. But it started to introduce me to new flavors. Then, I moved up and through a few of the curry dishes; I quickly learned my ridiculously low capabilities for spicy food. I like my thai dishes with either chicken, tofu or shrimp— I just think think that these proteins absorb the most flavor from everything else it's cooked in.

There are some particular seasonings for Thai food, though, and I just don't keep these things in my kitchen yet. So while I'd love to have lemongrass and keffir lime leaves abundantly available or even know where to buy some galangal, I'm replacing some of these flavors with some easier go-to foods that you can find at your regular grocery store.

My crock pot Thai chicken soup is an interpretation of a traditional Thai tom kha soup. It still has the coconut milk, chicken and mushrooms, but I use ginger instead of galangal and lime juice for the citrus twist. I also haven't broken

down and bought fish sauce yet, so I just leave it out. Fish sauce's first impression is that it just tastes salty, so the broth really already fulfills that requirement for me.

I hope you enjoy the new flavors of this soup. If you want to make it more of a Thai dinner, try adding some white rice and veggies with curry sauce to make this a complete cultural meal!

3 boneless, skinless raw chicken breasts cut into strips

2 c. chicken broth

1 13.5 oz. can lite coconut milk

1 T. ginger root, peeled and minced

2 T. lime juice

6-8 mushrooms, cleaned and sliced

2 stalks celery, sliced

1 c. baby carrots

1 t. red chili pepper flakes

cilantro or basil leaves, sliced for garnish

Combine all ingredients in crock pot and cook on high for 4 hours. Serve with some green leaves sprinkled on top.