

CHICKEN TIKKA MASALA OVER RICE

This is a slightly smaller meal, makes about 2.5 cups food

AT HOME:

Bag 1:

½ Cup FD chicken

½ Cup mixed veggies (1 tbsp onion, 1 tbsp carrot, 1 tbsp peppers, the rest maybe broccoli and cauliflower, or green beans?)

½ Tsp salt

1 Tbsp - (maybe a little less??) of spice mix below,

1 Tbsp tomato powder

1 packet True Lime

2 Tbsp sour cream

1 Tbsp dried whole milk

1 Tbsp butter

1 Tbsp Wondra flour (or cornstarch if you like it better or want gluten free)

SPICE MIX – This recipe is given in proportions – example, your (2) for garlic powder could be 2 tsp or 2 tbsp.

2 parts garlic powder

2 parts onion powder

1 part powdered ginger

1 part turmeric

2 parts garam masala

2 parts ground coriander

1 parts cumin

2 parts paprika

1 part ground cardamom

1 part nutmeg

1 part cayenne (make this ½ part if you don't like spicy)

Bag 2:

1 C minute rice (I like this better with white rice)

ON TRAIL:

Put the rice in Bag 2 in the cozy, boil 1C water, add to rice, cover and sit.

Put Bag 2 in pan, with 1 ½ C water, bring to a boil, cook 2 min, pour over rice, let sit 10 min.