

Turmeric & Yogurt Braised Chicken

INGREDIENTS

- 1/2C Chicken Fat
- 2C Greek Yogurt
- 4LBS Boneless/Skinless Chicken Breast
- 2 Cloves Garlic
- 2 Yellow Onions, Chopped
- 1TSP Himalayan Salt
- 1/2TSP Black Pepper
- 1TBS Ground Turmeric
- 1/2TBS Ground Coriander
- 1/4C Bone Broth
- 1C Cilantro, Chopped

1. Heat 1/4C chicken fat in a large dutch oven over medium heat. When melted, add onions and garlic and cook until browned.
2. Add remaining 1/4C chicken fat and when melted, add salt and chicken and cook for about 20 minutes, stirring occasionally to prevent chicken from sticking to bottom of pan.
3. Add pepper, turmeric, and coriander and stir until combined.
4. Add broth then reduce heat to low and cook for about other 20 minutes until sauce thickens.
5. Remove from heat and let rest.
6. Add yogurt and stir until well combined.
7. Fold in cilantro and serve immediately.