

Crock Pot Curry Chicken

10 chicken thighs, with skin removed (2 ½ - 3 pounds)

1 jar (16 oz.) chunky salsa

1 onion chopped

2 Tbsp. curry powder

1 cup fat free sour cream

Place chicken in crock pot.

In a medium bowl, mix the salsa, onion and curry powder and then pour over the chicken.

Cook on low for 8-10 hours.

Remove the chicken to a serving dish and keep warm.

Add sour cream to the slow cooker and mix well. Then serve over the chicken and prepared rice.