

CHICKEN SLOW-COOKER RECIPES



Chicken
Pho

Slow-
Cooker
Stout &
Chicken
Stew

Ethiopian
Spiced
Chicken
Stew

Wine &
Tomato
Braised
Chicken

Braised
Chicken
Gumbo

Greek
Chicken &
Vegetable
Ragout

Rich
Chicken
Stew

Chicken &
Sweet
Potato
Stew

Chicken Slow-Cooker Recipes

SLOW-COOKER CHICKEN PHO

Heart Health Diabetes

Weight Loss Gluten Free

ACTIVE: 30 MIN

SLOW-COOKER TIME: 4½ OR 8½ HRS

TO PREP AHEAD: Combine seasonings with broth; prep chicken; cover and refrigerate separately for up to 1 day.

EQUIPMENT: 5- to 6-quart slow cooker

Chicken Pho, a classic Vietnamese soup, is a perfect recipe for a slow cooker. The chicken and seasonings of star anise, cloves and ginger simmer all day in the crock pot, welcoming you home with an alluring aroma. Serve with the essential garnishes for pho soup—fresh herbs, bean sprouts, chiles and lime—and let everyone top their own. Serve chile-garlic sauce for those who want more heat.

- 8 cups low-sodium chicken broth (two 32-ounce boxes)
- 2 tablespoons light brown sugar
- 2 tablespoons fish sauce
- 10 whole star anise (see Tip)
- 6 whole cloves
- 1 2-inch piece fresh ginger, peeled and thinly sliced
- 1 cinnamon stick
- 2 bone-in chicken breasts (about 2½ pounds total), skin removed, trimmed
- 6 ounces wide rice noodles
- 6 cups chopped bok choy
- 2 cups mung bean sprouts
- 2 cups fresh basil leaves
- 1 cup fresh mint leaves
- 1 cup fresh cilantro leaves
- 1 fresh Thai chile or serrano, thinly sliced
- 1 lime, cut into 6 wedges

1. Combine broth, brown sugar, fish sauce, star anise, cloves, ginger and cinnamon stick in a 5- to 6-quart slow cooker. Add chicken breasts, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the chicken to a cutting board. Remove spices and discard. Add noodles and bok choy to the slow cooker. Cover and cook on High for 30 minutes.



TIP

Add star anise, named for its star-shaped pods, to Asian-inspired dishes to lend distinctive licorice-like flavor. Look for it with other bulk spices in natural-foods stores, in Asian markets or online at penzeys.com.

3. Remove the chicken from the bone and shred with two forks. When the noodles are tender, stir in the shredded chicken. Serve bowls of soup with bean sprouts, basil, mint, cilantro, sliced chile and lime wedges on the side so everyone can add their own toppings.

SERVES 6: ABOUT 2 CUPS EACH

Per serving: 362 calories; 6 g fat (2 g sat, 2 g mono); 75 mg cholesterol; 40 g carbohydrate; 4 g added sugars; 39 g protein; 3 g fiber; 645 mg sodium; 998 mg potassium.

Nutrition bonus: Vitamin A (92% daily value), Vitamin C (80% dv), Iron (30% dv), Potassium (29% dv), Folate (21% dv), Magnesium (18% dv), Calcium (17% dv).

Chicken Slow-Cooker Recipes

SLOW-COOKER STOUT & CHICKEN STEW

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 45 MIN

SLOW-COOKER TIME: 4-8 HRS

TO PREP AHEAD: Trim chicken, chop bacon; prep onion and garlic; defrost peas. Refrigerate in separate containers.

EQUIPMENT: 5- to 6-quart slow cooker
Chicken thighs can take plenty of cooking without getting tough or drying out, which makes them perfect for the slow cooker. Here we braise them in Guinness stout along with hearty vegetables, with just the right amount of bacon for added savoriness.

- 6 tablespoons plus ½ cup all-purpose flour, divided
- 1 teaspoon salt, divided, plus more to taste
- ½ teaspoon freshly ground pepper, plus more to taste
- 2½ pounds boneless, skinless chicken thighs, trimmed
- 4 teaspoons extra-virgin olive oil, divided
- 3 pieces bacon, chopped
- 1⅓ cups Guinness beer or other stout (14-ounce can)
- 1 pound whole baby carrots or large carrots cut into 1-inch pieces
- 1 8-ounce package cremini or button mushrooms, halved if large
- 2 cups chopped onion
- 4 cloves garlic, minced
- 1½ teaspoons dried thyme
- 1 cup reduced-sodium chicken broth
- 2 cups frozen baby peas, thawed

1. Combine 6 tablespoons flour with ½ teaspoon each salt and pepper in a shallow bowl. Dredge chicken thighs in the mixture to coat completely; transfer to a plate.
2. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add half the chicken and cook until well browned, 2 to 4 minutes per side; transfer to a 5- to 6-quart slow cooker. Reduce heat to medium and repeat with the remaining 2 teaspoons oil and chicken thighs. Arrange the chicken in an even layer in the slow cooker.



3. Add bacon to the pan and cook, stirring often, for 2 minutes. Sprinkle the remaining ½ cup flour over the bacon and cook, stirring constantly, for 2 minutes more. Add stout and use a wooden spoon to scrape up any browned bits from the bottom of the pan. Pour the mixture over the chicken. Add carrots, mushrooms, onion, garlic and thyme, spreading in an even layer over the chicken. Pour broth over the top.
4. Cover and cook until the chicken is falling-apart tender, 4 hours on High or 7 to 8 hours on Low.

5. Stir in peas, cover and cook until the peas are heated through, 5 to 10 minutes more. Season with the remaining ½ teaspoon salt and pepper.
- SERVES 8:** ABOUT 1⅓ CUPS EACH
Per serving: 365 calories; 13 g fat (3 g sat, 6 g mono); 88 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 30 g protein; 4 g fiber; 570 mg sodium; 650 mg potassium.
Nutrition bonus: Vitamin A (200% daily value), Folate & Zinc (23% dv), Vitamin C (22% dv), Potassium (19% dv), Iron (17% dv).
Carbohydrate servings: 2

Chicken Slow-Cooker Recipes

ETHIOPIAN-SPICED CHICKEN STEW

- ✓ Heart Health
- ✓ Diabetes
- ✓ Weight Loss
- ✓ Gluten Free

ACTIVE: 40 MIN

SLOW-COOKER TIME: 5-8 HOURS

TO PREP AHEAD: Trim chicken, prep onions, garlic and ginger. Refrigerate separately.

EQUIPMENT: 5- to 6-quart slow cooker

This spicy chicken stew is loaded with tomato and red lentils. The secret to its irresistible flavor is berbere spice blend (find it in well-stocked supermarkets or at teenytinyspice.com). Depending on brand, berbere spice blend can be rather spicy. For a less spicy stew, start with 3 tablespoons spice blend rather than 5.

- 1½ cups red lentils
- 2½ pounds boneless, skinless chicken thighs, trimmed
- 1 tablespoon butter
- 2 teaspoons extra-virgin olive oil
- 4 cups chopped red onions
- 5 cloves garlic, finely chopped
- 1 tablespoon minced fresh ginger
- 5 tablespoons berbere spice blend (see Tip)
- ½ cup dry red wine
- 1 14-ounce can diced tomatoes
- 2 cups reduced-sodium chicken broth

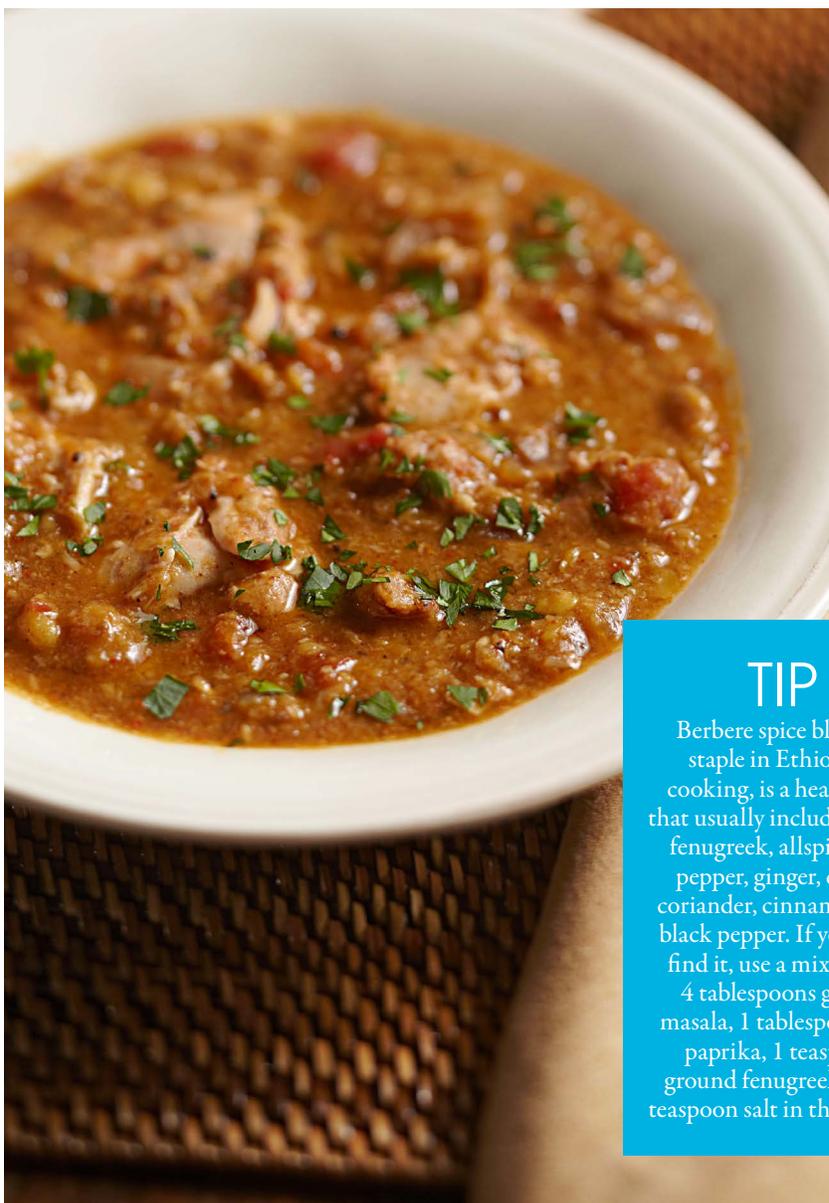
1. Wash lentils in cold water in a medium bowl until the water runs clear; drain and spread in an even layer in a 5- to 6-quart slow cooker. Place chicken on top of the lentils.

2. Heat butter and oil in a large skillet over medium-high heat. When the butter has melted, add onions and cook, stirring often, until soft and translucent, 4 to 6 minutes. Add garlic and ginger and cook, stirring often, until fragrant, 1 to 2 minutes. Add berbere and cook, stirring, until very fragrant, 2 to 4 minutes. Stir in wine, scraping the onion mixture from the bottom of the pan, then stir in tomatoes with their juice.

3. Add the onion mixture to the slow cooker on top of the chicken, then pour in broth.

4. Cover and cook until the chicken is falling-apart tender, 5 hours on High or 7 to 8 hours on Low. Stir the stew to combine.

SERVES 8: ABOUT 1¼ CUPS EACH



TIP

Berberere spice blend, a staple in Ethiopian cooking, is a heady mix that usually includes garlic, fenugreek, allspice, red pepper, ginger, chiles, coriander, cinnamon and black pepper. If you can't find it, use a mixture of 4 tablespoons garam masala, 1 tablespoon hot paprika, 1 teaspoon ground fenugreek and 1 teaspoon salt in this recipe.

Per serving: 406 calories; 13 g fat (4 g sat, 5 g mono); 89 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 36 g protein; 7 g fiber; 672 mg sodium; 672 mg potassium.

Nutrition bonus: Iron (28% daily value), Zinc (27% dv), Folate (26% dv), Potassium & Vitamin C (20% dv), Magnesium (16% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, 1 fat

Chicken Slow-Cooker Recipes

WINE & TOMATO BRAISED CHICKEN

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 45 MIN

SLOW-COOKER TIME: 3¾-6¾ HRS

TO MAKE AHEAD: Prepare Steps 1 & 2, cover and refrigerate bacon and sauce separately for up to 1 day. To finish, bring the sauce to a simmer and continue with Step 3. The cooked chicken and sauce can be refrigerated for up to 3 days.

EQUIPMENT: 4-quart or larger slow cooker

Here chicken thighs cook in a simple herb-infused tomato-and-wine sauce. The bone-in thighs give it plenty of hearty flavor, and since you cook them without the skin, it keeps the dish healthy. There's plenty of sauce, so serve it over pappardelle or brown rice. Steamed broccoli or sautéed broccoli rabe tossed with olive oil and a splash of lemon juice complete the meal.

- 4 slices bacon
- 1 large onion, thinly sliced
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon fennel seeds
- 1 teaspoon freshly ground pepper
- 1 bay leaf
- 1 cup dry white wine (see Tip)
- 1 28-ounce can whole tomatoes, with juice, coarsely chopped
- 1 teaspoon salt
- 10 bone-in chicken thighs (about 3¾ pounds), skin removed, trimmed
- ¼ cup finely chopped fresh parsley

1. Cook bacon in a large skillet over medium heat until crisp, about 4 minutes. Transfer to paper towels to drain. Crumble when cool.

2. Drain off all but 2 tablespoons fat from the pan. Add onion and cook over medium heat, stirring, until softened, 3 to 6 minutes. Add garlic, thyme, fennel seeds, pepper and bay leaf and cook, stirring, for 1 minute. Add wine, bring to a boil and boil for 2 minutes, scraping up any browned bits. Add tomatoes and their juice and salt; stir well.

3. Place chicken thighs in a 4-quart (or larger) slow cooker. Sprinkle the bacon over the chicken. Pour the tomato mixture over the chicken. Cover and cook until the



TIP

If you prefer, substitute 1 cup reduced-sodium chicken broth mixed with 1 tablespoon fresh lemon juice for the wine.

chicken is very tender, about 3 hours on High or 6 hours on Low. Remove the bay leaf. Serve sprinkled with parsley.

SERVES 10

Per serving: 260 calories; 13 g fat (4 g sat, 5 g mono); 88 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 25 g protein; 1 g fiber; 492 mg sodium; 392 mg potassium.

Nutrition bonus: Vitamin C & Zinc (18% daily value).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 3 lean meat, 1 fat

Chicken Slow-Cooker Recipes

BRAISED CHICKEN GUMBO

Heart Health Diabetes

Weight Loss Gluten Free

ACTIVE: 20 MIN **TOTAL:** 30 MIN

Leftovers make this chicken gumbo an absolute breeze. The only prep you'll need to do is to dice a bell pepper and slice some okra if you're using fresh. That's it! If you don't have leftover chicken and sauce from Wine & Tomato Braised Chicken, you can use 2 cups shredded cooked chicken and 2 cups canned diced tomatoes instead of the leftover sauce.

- 1 tablespoon extra-virgin olive oil
- 1 medium red or green bell pepper, diced
- 2 tablespoons all-purpose flour
- 2 cups shredded chicken
- 2 cups sauce from Wine & Tomato Braised Chicken (see previous page)
- 2 cups reduced-sodium chicken broth
- 1 cup sliced okra, fresh or frozen (thawed)
- $\frac{3}{4}$ cup instant brown rice (see Tip)
- $\frac{1}{8}$ - $\frac{1}{4}$ teaspoon cayenne pepper

Heat oil in a large saucepan over medium heat. Add bell pepper and flour and cook, stirring, until the pepper is beginning to soften and the flour is golden brown, about 2 minutes. Add chicken, sauce, broth, okra, rice and cayenne. Bring to a boil. Reduce the heat and simmer until the flavors meld and the okra is tender, about 10 minutes.

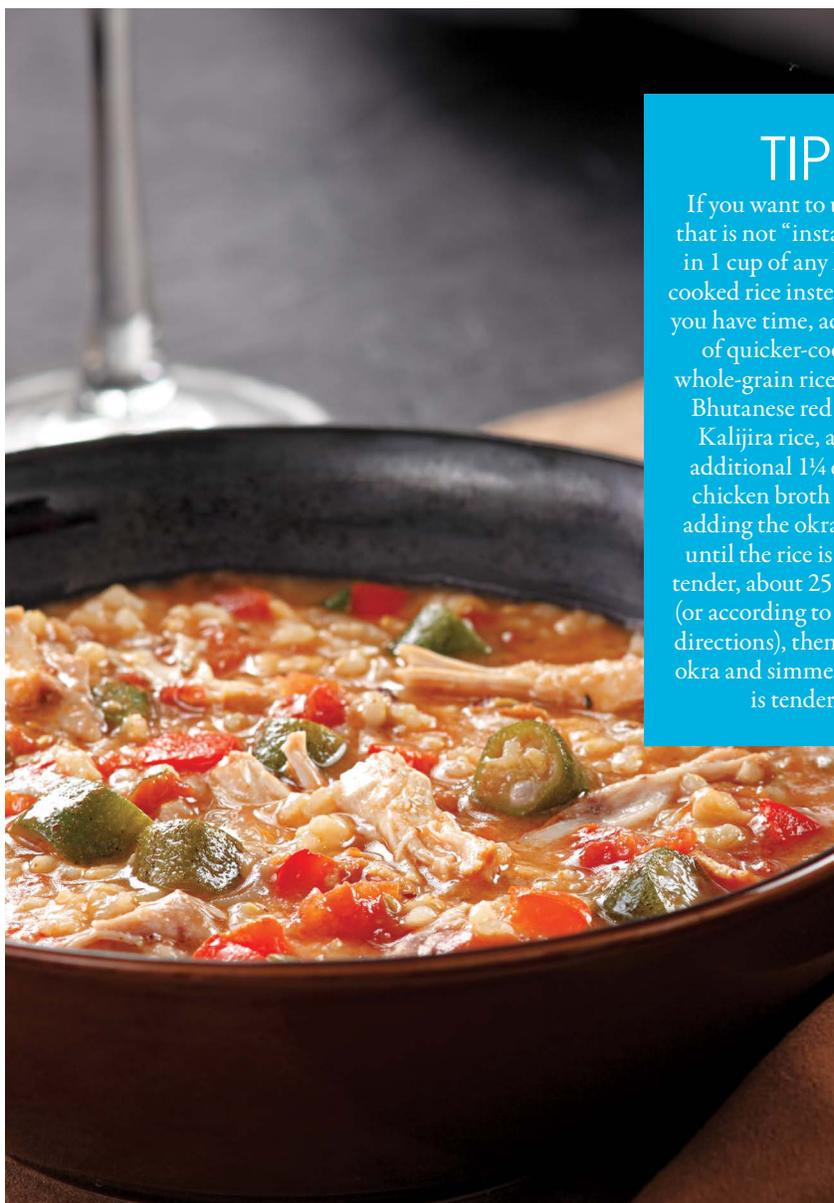
SERVES 4: ABOUT $1\frac{1}{2}$ CUPS EACH

Per serving: 362 calories; 16 g fat (4 g sat, 7 g mono); 81 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 27 g protein; 3 g fiber; 674 mg sodium; 551 mg potassium.

Nutrition bonus: Vitamin C (85% daily value), Vitamin A (25% dv), Zinc (20% dv), Magnesium (17% dv), Iron & Potassium (16% dv).

Carbohydrate servings: $1\frac{1}{2}$

Exchanges: 1 starch, 1 vegetable, 3 lean meat, 1 fat



TIP

If you want to use rice that is not “instant,” stir in 1 cup of any leftover cooked rice instead. Or, if you have time, add $\frac{1}{2}$ cup of quicker-cooking whole-grain rice, such as Bhutanese red rice or Kalijira rice, and an additional $1\frac{1}{4}$ cups of chicken broth before adding the okra. Cook until the rice is almost tender, about 25 minutes (or according to package directions), then add the okra and simmer until it is tender.

Chicken Slow-Cooker Recipes

GREEK CHICKEN & VEGETABLE RAGOUT

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 40 MIN **SLOW-COOKER TIME:**

2½-3 HRS ON HIGH OR 4-4½ HRS ON LOW

TO MAKE AHEAD: Cover and refrigerate for up to 2 days. Freezing is not recommended.

PREP AHEAD: Peel and cut potatoes; cover with water. Trim chicken thighs. Combine broth, wine and minced garlic. Refrigerate in separate covered containers for up to 1 day.

Chicken thighs stay moist and succulent during slow cooking, infusing the accompanying vegetables with superb flavor. This easy braise has a luxurious finish of avgolemono, a versatile Greek sauce made with egg, lemon and fresh dill.

- 1 pound carrots, cut into 1¼-inch pieces, or 3 cups baby carrots
- 1 pound (3-4 medium) yellow-fleshed potatoes, such as Yukon Gold, peeled and cut lengthwise into 1¼-inch-wide wedges
- 2 pounds boneless, skinless chicken thighs, trimmed
- 1 14-ounce can reduced-sodium chicken broth
- ⅓ cup dry white wine
- 4 cloves garlic, minced
- ¾ teaspoon salt
- 1 15-ounce can artichoke hearts, rinsed and quartered if large
- 1 large egg
- 2 large egg yolks
- ⅓ cup lemon juice
- ⅓ cup chopped fresh dill
- Freshly ground pepper to taste

1. Spread carrots and potatoes over the bottom and up the sides of a 4-quart or larger slow cooker. Arrange chicken on top of the vegetables. Bring broth, wine, garlic and salt to a simmer in a medium saucepan over medium-high heat. Pour over the chicken and vegetables. Cover and cook until the chicken is cooked through and vegetables are tender, 2½ to 3 hours on high or 4 to 4½ hours on low.

2. Add artichokes to the slow cooker, cover and cook on high for 5 minutes. Meanwhile,



whisk egg, egg yolks and lemon juice in a medium bowl.

3. Transfer the chicken and vegetables to a serving bowl using a slotted spoon. Cover and keep warm. Ladle about ½ cup of the cooking liquid into the egg mixture. Whisk until smooth. Whisk the egg mixture into the remaining cooking liquid in the slow cooker. Cover and cook, whisking 2 or 3 times, until slightly thickened and sauce reaches 160°F on an instant-read thermometer, 15 to 20 minutes. Stir in dill and pepper. Pour the sauce over the chicken and vegetables and serve.

SERVES 6: ABOUT 1⅓ CUPS EACH

Per serving: 355 calories; 11 g fat (3 g sat, 4 g mono); 199 mg cholesterol; 27 g carbohydrate; 34 g protein; 4 g fiber; 629 mg sodium; 531 mg potassium.

Nutrition bonus: Vitamin A (174% daily value), Vitamin C (36% dv), Potassium (15% dv).

Carbohydrate servings: 1½

Exchanges: 1 starch, 1 vegetable, 3½ lean meat

Chicken Slow-Cooker Recipes

RICH CHICKEN STEW

Heart Health Diabetes

Weight Loss Gluten Free

ACTIVE: 40 MIN **TOTAL:** 4½ HRS

TO MAKE AHEAD: Prepare through Step 4 up to adding the peas and parsley. Cover and refrigerate for up to 2 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, and reheat; just before serving, stir in peas and parsley. **EQUIPMENT:** 5- to 6-quart slow cooker

A blanquette is a classic French stew of veal, chicken or lamb with mushrooms in a velvety sauce. This concept has been adapted to the slow cooker to make a lightened-up version using chicken thighs. Just a little whipping cream (which is less inclined to break down than lighter creams and gives more density to the sauce) adds richness. Serve over egg noodles.

- 1 pound mushrooms, stems trimmed, caps wiped clean
- ½ cup finely chopped shallots (about 2 large)
- 2 teaspoons extra-virgin olive oil
- ½ cup water, divided
- 4 cups reduced-sodium chicken broth
- 1 cup thinly sliced carrots
- 1 teaspoon fresh thyme leaves or ½ teaspoon dried
- 2 bay leaves
- 2 pounds boneless, skinless chicken thighs, trimmed and cut into 2-inch pieces
- ½ teaspoon freshly grated lemon zest
- 2 ¼-inch-thick lemon slices (including peel), seeded
- 2 tablespoons cornstarch
- ¼ cup whipping cream
- 2 tablespoons lemon juice
- ½ teaspoon salt
- Freshly ground pepper to taste
- 1½ cups frozen green peas, thawed
- ½ cup chopped fresh parsley

1. Combine mushrooms, shallots, oil and ¼ cup water in a 5- to 6-quart Dutch oven. Cover and cook over high heat, stirring often, until mushrooms are juicy, 3 to 4 minutes. Uncover and cook, stirring often, until the mushrooms are lightly browned, 8 to 10 minutes. Add broth, carrots, thyme and bay



leaves; bring to a boil.

- 2.** Place chicken in a 5- to 6-quart slow cooker. Lay lemon slices on top. Turn heat to high. Carefully pour in the vegetable mixture. Cover and cook until the chicken is very tender, 3½ to 4 hours.
- 3.** With a slotted spoon, transfer the chicken and vegetables to a bowl; discard bay leaves and lemon slices. Skim fat and pour the juices into a large saucepan; add lemon zest. Bring to a boil over high heat. Boil until reduced to 2 cups, 15 to 20 minutes.
- 4.** Mix cornstarch with remaining ¼ cup water in a small bowl. Add to the pan and cook, stirring, until slightly thickened. Add cream

and lemon juice and stir until the sauce comes to a boil. Return the chicken and vegetables to the sauce and heat through. Season with salt and pepper. Just before serving, stir in peas and parsley.

SERVES 6: ABOUT 1 CUP EACH

Per serving: 319 calories; 15 g fat (5 g sat, 6 g mono); 99 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 31 g protein; 3 g fiber; 701 mg sodium; 858 mg potassium.

Nutrition bonus: Vitamin A (100% daily value), Vitamin C (33% dv), Zinc (26% dv), Potassium (24% dv), Iron (17% dv).

Carbohydrate servings: 1

Chicken Slow-Cooker Recipes

CHICKEN & SWEET POTATO STEW

- Heart Health
- Diabetes
- Weight Loss
- Gluten Free

ACTIVE: 20 MIN **TOTAL:** 5 HRS 20 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days or freeze for up to 1 month.

Here's a dinnertime warmer with a hint of spring's sweetness, designed for that day when you'd rather be outside raking the leaves from the garden, getting it ready for what's ahead, than slaving over the stove.

- 6 bone-in chicken thighs, skin removed, trimmed
- 2 pounds sweet potatoes, peeled and cut into spears
- ½ pound white button mushrooms, thinly sliced
- 6 large shallots, peeled and halved
- 4 cloves garlic, peeled
- 1 cup dry white wine
- 2 teaspoons chopped fresh rosemary or ½ teaspoon dried rosemary, crushed
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1½ tablespoons white-wine vinegar

Place chicken, sweet potatoes, mushrooms, shallots, garlic, wine, rosemary, salt and pepper in a 6-quart slow cooker; stir to combine. Put the lid on and cook on low until the potatoes are tender, about 5 hours. Before serving, remove bones from the chicken, if desired, and stir in vinegar.

SERVES 6

Per serving: 285 calories; 6 g fat (2 g sat, 2 g mono); 50 mg cholesterol; 35 g carbohydrate; 17 g protein; 5 g fiber; 519 mg sodium; 866 mg potassium.

Nutrition bonus: Vitamin A (430% daily value), Potassium (25% dv), Fiber (20% dv).

Carbohydrate servings: 2½

Exchanges: 2 starch, 2 lean meat



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ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- Heart Health** has limited saturated fat.
- Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- Weight Loss** has reduced calories (and limited saturated fat).
- Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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