

Dinner

# Slow Cooker Chicken

**5 Mins**  
Prep Time

**4-8 Hours**  
Cook Time

**8**  
Servings

 **123** Calories   **3g** Fat   **1g** Carbs   **22g** Protein



## Ingredients

 **8 Servings** • **4 Oz** Serving Size    **4-8 Hours** Total Time    **Allergens: None**

**1** Onion, cut into large chunks

**¼ Lb** Carrots

**1** Large Celery Stalk, **washed** and ends trimmed

**2** Bay Leaves

**6** Sprigs Fresh Thyme

**2 Lb** Boneless, Skinless Chicken Breast, fat trimmed 

**2 Cups** Chicken Stock

### Nourishment Note



#### **Chicken**

Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Prepare Crockpot

Set the slow cooker temperature to high.

### 3. Add Ingredients & Cook

Add all ingredients and cook for 4 hours.

### 4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Cutting Board



Knife



Slow Cooker

### Fatigue Buster

- Omit the vegetables and cook the chicken in 2 cups of chicken stock for minimal food preparation.
- This recipe can also be cooked on “Low Setting” for 8 hours.