

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. Prepare Crockpot

Set the slow cooker temperature to high.

### 2. Add Ingredients & Cook

Add all ingredients and cook for 4 hours.

Recipe created by Meijer Registered Dietitians:  
Beth Eggleston, RD & Emily Parsell, RD

## 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.