

## SWEET GARLIC SLOW COOKER CHICKEN



Slow cooker meals are a fantastic method for enjoying lean, homemade dinners without the hassle and time commitment that many recipes entail. By simply throwing the ingredients below into your slow cooker in the morning before you leave for work, you'll have a hot, delicious meal ready for you when you return home! The combination of soy sauce, ketchup, garlic and dried basil lend phenomenal flavor to tender chicken thigh in this too-easy-to-believe chicken dinner recipe. Serve with a salad made with dark greens and over a bed of cauliflower rice. Enjoy!

🕒 10 minutes

🕒 1 hour

👥 8 portions

## INGREDIENTS

- 32 oz of chicken, broiler or fryers, breast, skinless, boneless, meat only, raw [904 g]
- 1 dash of salt, table [0 g]
- 1 dash of spices, pepper, black [0 g]
- 1 tbsp of oil, coconut [14 g]
- 1/2 cup chopped of onions, yellow, sauteed [44 g]
- 1 whole medium unit [2-3/5" dia] of tomatoes, red, ripe, raw, year round average [123 g]
- 1 tbsp of spices, chili powder [8 g]
- 1 tbsp of vinegar, balsamic [16 g]
- 1 whole tbsp of spices, cumin seed [6 g]
- 1 tsp of season Salt [lawrys] [2 g]
- 1/4 tsp of spices, cinnamon, ground [1 g]
- 1 tbsp of spices, paprika [7 g]

## COOKING METHOD

- 1° Rinse the chicken breasts and pat dry. Butterfly cut the chicken, opening each breast up like a book. Sprinkle both sides with salt and pepper. Place the chicken in a baking pan and set aside in the fridge as you prepare the sauce.
- 2° Place the coconut oil in a skillet over medium heat. Add the chopped onion and sauté until soft, about 5 minutes. Add the remaining ingredients and continue to cook for about 10 minutes. Use a hand blender to puree the sauce until smooth.
- 3° Coat the chicken with half of the sauce and marinate for 30 minutes. Preheat the oven to 350 degrees F.
- 4° Cover the chicken with foil and bake chicken for 30 minutes in the preheated oven. Serve warm with a spoonful of the reserved sauce. Enjoy!

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [141 g]	% DRI
ENERGY	121 kcal	170 kcal	9 %
FAT	4 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	2 g	2 g	11 %
CHOLESTEROL	59 mg	82 mg	27 %
SODIUM	74 mg	104 mg	4 %
CARBOHYDRATE	2 g	3 g	1 %
SUGARS	1 g	1 g	—
FIBER	1 g	1 g	4 %
PROTEIN	19 g	26 g	—