

Chicken Curry

Source: Crockery Kitchen

- ❑ 1 thinly sliced onion
- ❑ 3 cloves minced garlic
- ❑ 1 Tbsp. grated fresh ginger root
- ❑ 1 2" long cinnamon stick
- ❑ 2 tsp. curry powder
- ❑ 1/2 tsp. crushed red pepper flakes
- ❑ 3-1/2 lb. chicken, cut up
- ❑ 1/2 cup low sodium chicken broth
- ❑ 2 Tbsp. Cornstarch
- ❑ 2 Tbsp. cold water
- ❑ 1/4 cup chopped cilantro leaves
- ❑ 1/2 cup sliced green onions
- ❑ 1/2 cup chutney

Combine the onion, garlic, ginger root, cinnamon, curry powder, and red pepper flakes in 3-4 quart crockpot. Rinse chicken pieces and pat dry with paper towels. Arrange on top of onions and spices in crockpot. Pour chicken broth over all. Cover slow cooker and cook on low for 7-8 hours.

Remove chicken and keep warm in low oven, covered. Skim fat from crockpot. Combine cornstarch and water in a small bowl. Stir into juices remaining in crockpot. Increase heat to high and cook, uncovered, for 15-20 minutes or until sauce is thickened. Serve chicken with sauce and chutney.

Sprinkle with cilantro and green onions to serve.

6 servings

Crockpot Chicken Cacciatore

Source: Pillsbury's One Dish Meals Cookbook

You can use all thighs or legs in this excellent crockpot one dish meal recipe. Serve it with hot cooked pasta or rice for a complete meal.

- ❑ 4 boneless chicken thighs, skin removed
- ❑ 4 chicken legs, skin removed
- ❑ 1 15-oz. can Italian tomato sauce
- ❑ 1 4-oz. jar mushrooms, drained
- ❑ 1 tsp. dried oregano leaves
- ❑ 1 onion, chopped
- ❑ 1 green bell pepper, chopped
- ❑ 2 garlic cloves, minced
- ❑ 1/4 cup water
- ❑ 2 Tbsp. Flour

Cut chicken thighs and legs into 1" pieces. Combine with remaining ingredients except for water and flour in a 3 to 4-quart slow cooker and stir gently to combine. Cover crockpot and cook on low for 6-7 hours or until chicken is tender and thoroughly cooked.

In small bowl, mix together water and flour. Drizzle over chicken mixture in slow cooker and mix well. Increase heat to high, then cover crockpot again and cook for 10-15 minutes until liquid is thickened.

4 servings
Calories: 300
Fat: 10 grams
Sodium: 670 mg
Vitamin C: 20% DV
Iron: 20% DV

Crockpot Chicken and Shrimp

Source: BH&G's New Flavors from your Crockery Cooker

- ❑ 1 pound boneless, skinless chicken thighs
- ❑ 2 chopped onions
- ❑ 3 cloves garlic, minced
- ❑ 1 14-oz. can diced tomatoes with seasonings
- ❑ 2 Tbsp. tomato paste
- ❑ 1/2 cup chicken broth
- ❑ 2 Tbsp. lemon juice
- ❑ 1/4 tsp. crushed red pepper
- ❑ 1 8-oz. pkg. frozen cooked shrimp, thawed and drained
- ❑ 1 9-oz. pkg. frozen artichoke hearts, thawed and chopped
- ❑ 2 cups hot cooked pasta or couscous
- ❑ 1/2 cup feta cheese

Cut chicken into large chunks. Place onion and garlic in bottom of 3-4 quart slow cooker and top with chicken. Combine the diced tomatoes with their liquid, the tomato paste, chicken broth, lemon juice and red pepper in a medium bowl and mix well. Pour over chicken. Cover crockpot and cook on low for 6-8 hours until chicken is tender and thoroughly cooked.

Stir in thawed and drained shrimp and thawed, drained and chopped artichoke hearts. Cover and cook for 5-10 minutes longer until thoroughly heated. Serve over hot cooked pasta or couscous and sprinkle with feta cheese.

4 servings
Calories: 600
Fat: 20 grams
Sodium: 1200 mg
Vitamin A: 25% DV
Vitamin C: 200% DV
Iron: 40% DV

Sweet And Sour Chicken Stew

Source: <http://busycooks.about.com/library/print02/nsweetsrchix.htm>

This easy recipe comes from the *Betty Crocker Slow Cooker Cookbook*. I adapted it significantly to my tastes.

- ❑ 1 lb. skinless, boneless chicken breasts, cut into 1" pieces
- ❑ 1 small pkg. baby carrots
- ❑ 1 onion, chopped
- ❑ 1 can ready to serve chicken broth
- ❑ 2 Tbsp. finely chopped ginger root
- ❑ 1 jar sweet and sour stir fry sauce

Combine in slow cooker. Cover and cook on LOW for 7 to 8 hours until vegetables are tender and chicken is cooked.

- ❑ 1 8-oz. can pineapple tidbits, drained, juice reserved
- ❑ 1 Tbsp. Cornstarch
- ❑ 1 red bell pepper, chopped
- ❑ 1 green bell pepper, chopped

Mix reserved pineapple juice with cornstarch until smooth and stir into chicken mixture in crockpot, mixing well. Stir in pineapple and bell peppers.

Cover and cook on HIGH 20-30 minutes until slightly thickened and heated through.

Serves 8

Turkey and Bean Cassoulet

Source: Pillsbury's *Soup & Crockpot Recipes*

Great northern beans are traditional in cassoulet. You can substitute other types of dried beans if you like.

- ❑ 1-1/2 cups dried great northern beans
- ❑ 1 lb. turkey breast tenderloins, cut into 1" pieces
- ❑ 2 onions, chopped
- ❑ 1 green bell pepper, chopped
- ❑ 2 minced garlic cloves
- ❑ 2 bay leaves
- ❑ 1/4 tsp. Pepper
- ❑ 1 14-oz. can red to serve chicken broth
- ❑ 1-1/2 cups water
- ❑ 1 14-oz. can diced tomatoes, undrained

Soak beans in water to cover overnight. Drain beans and discard soaking water. Place beans and rest of ingredients except tomatoes in a 3-4 quart crockpot. Cover and cook on low for 8-10 hours.

Make sure you remove the bay leaves before serving. Then add tomatoes, cover and cook on low for another 10-15 minutes until hot.

6 servings
Calories: 300
Fat: 2 grams
Sodium: 600 mg
Vitamin C: 35% DV
Iron: 25% DV