



Slow Cooker Chicken with Artichokes & Mushrooms

Active Time: 10 minutes | Total Time: 5 hours | Serves: 4

Nutrition Information Per Serving

405.1 calories, 9.8 g carbohydrate, 3.26 g fiber, 6.54 g NET carbs, 32.71 g protein, 25.51 g fat

Ingredients

- 2 cup(s) Pacific Organic Bone Broth (Chicken)
- 8 clove(s) organic garlic, chopped
- 1/2 tsp(s) sea salt
- 1 Tbsp organic virgin coconut oil
- 1/2 tsp(s) freshly ground black pepper
- 1/4 Tbsp(s) dried tarragon
- 1 tsp arrowroot
- 1/2 cup(s) organic dry white wine
- 6 thigh(s) pasture-raised chicken
- 1 9-ounce package frozen artichoke hearts, thawed
- 8 ounce(s) organic white button mushrooms, sliced

Preparation

1. Heat oil in a safe, nonstick pan over medium-high heat.
2. Add chicken, skin side down, and cook until golden, turning once.
3. Place chicken in slow cooker and sprinkle with arrowroot
4. Top chicken with sliced mushrooms, thawed artichokes, garlic, wine, chicken broth, salt, black pepper and tarragon.
5. Cover; cook on Low for 6-8 hours or on High for 5-6 hours.

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