

# **Apricot Slow Cooked Chicken**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 4-5 hours on high, 8-10 hours on low  
or 8 -10 hours on low

Serves: 4

**CChints:** To save time on a busy morning, do most of the prep work the night before and store it in the refrigerator overnight. Another time saving tip is to buy baby carrots already peeled & sliced for you.

Turmeric is a golden colored spice which has a unique flavor like mild curry and cinnamon.



- 8 boneless, skinless, boneless, chicken thighs
- 1-1/3 cups baby carrots, cut into 2 inch long pieces
- 1 medium yellow onion, chopped
- 14 ounce can reduce fat, low sodium chicken broth
- 1/2 cup dried apricots, cut in half or into bite size pieces
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 4 servings of cooked brown rice
- 4 servings of McSteamed fresh vegetables like broccoli or asparagus
- 1 teaspoon butter flavor seasoning like Molly McButter®

Night prior method: Rinse the chicken and cut off any excess fat. Put the chicken in a large re-sealable bag and refrigerator overnight. Wash every that came in contact with the raw chicken.

Cut the onions and carrots and put them in another bag to refrigerate overnight. Get out the slow cooker and set it on the counter. Pull the rest of the item from the broth through paprika together but do not open anything. Just sit them by the cooker and wait until the morning to pull the recipe together.

In the morning remove the items from the refrigerator. Put the onions and carrots in the bottom of the slow cooker. Pour in the chicken broth and add the apricots and lay the pieces of chicken, on top. Do not push the chicken beneath the liquid level. Sprinkle all the seasonings over the chicken allowing some of them to get into the broth to help season it as well.

Cover and set the cooker temperature to for the required time. When the time is nearly up prepare the rice. Read the directions on your rice container because it could take from 5 to 25 minutes. During this time prepare your side vegetable.

Wash your fresh vegetables and cut them into bite size pieces. Please in a microwavable container with 1 tablespoon of water. Sprinkle with the butter flavor sprinkles and cover the container, leaving a space or hole for steam to escape. Microwave on high for 2 minutes. Stir and if they are not quite done, cover and cook again for 1-2 minutes. Season with salt and pepper and serve.

When the rice is done, drain off the excess water. Put a service of rice on each plate. Top that with a piece of chicken and a scoop of the carrots and onions. Add a spoonful of broth over the chicken to add moisture and help season the rice. Serve with your side vegetable and enjoy!