

## **Chicken with Peanut Sauce**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Slow Cooking Time: Low for 7 – 8 hours

Serves: 6

**CChints:** This dish is a mixture of Tex Mex and Asian. Bone-in chicken thighs are great for slow cooking recipes because they won't dry out like chicken breasts. But because they are fatty you want to be sure to cut off any extra fat before adding them to your slow cooker. If you like your dishes a little spicy, you can reduce the 2 cans of diced tomatoes to one and increased the tomatoes with green chilies to 2 cans.



- 1 can black beans, rinsed and drained
- 1 large yellow onion, chopped
- 10 ounce can diced tomatoes with green chilies, undrained
- 2 -10 ounce cans diced tomatoes, undrained
- 2 tablespoons honey
- 1 teaspoon cumin
- 1/2 teaspoon smoked paprika
- 1 teaspoon ground cinnamon
- 2 stalks of celery cut into half inch wide pieces
- 2-1/2 to 3 pounds bone-in skinless chicken thighs (about 8 or 9)
- 6 servings of multigrain or brown rice
- 1 can sliced water chestnuts
- 1/3 cup reduced fat creamy peanut butter

Open and rinse the black beans. While they are draining, you can prepare the rest of the recipe.

In your slow cooker combine the onions through celery. Add the beans and stir to combine the ingredients. Add the chicken, pushing them down into the sauce.

Cover and cook for 7 – 8 hours on low temperature. Right before dinner time, prepare your rice. The cooking time can vary from 5 – 25 minutes depending on the one you have for this meal.

While your rice is cooking stir the peanut butter and water chestnuts into the slow cooker and turn off the heat. You can use this time to make your side salad or vegetable dish.

Remember, there are bones in the chicken so if you have children at your table you will want to debone the chicken first. Remove the bones from all of the chicken and put the chicken back in the slow cooker and discard the bones. When the rice is done put a serving on each plate. Gently scoop a piece of chicken and sauce out of the cooker and pour over the plate of rice. Right before the rice is done, start taking the chicken out of the sauce and transfer to a plate. Serve with you side salad or vegetable and enjoy.