

Coq Au Vin

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking time before Slow Cooker: 15 minutes

Slow Cooker: 5-6 on medium temp or
7-8 on low temperature

Serves: 4-6

CChints: This is a slow cooker version of this traditional French dish. There is some cooking to be done before everything can go into the slow cooker. Chicken base will enhance the flavor of the chicken broth. It is made of chicken meat and is concentrated like a bouillon. It can be found on the soup aisle in most markets. To save some time, buy a bag of pre-cleaned baby carrots in small bag. This produces



4 pieces of bacon

6 boneless, skinless chicken thighs, excess fat removed

Salt and pepper, lightly used through the recipe

2 cups sliced baby carrots cut into 1/2 in pieces, about 1/2 pound

1 medium yellow onion cut in half. Keep each half separate and slice into slices, divided

2 cloves minced garlic, fresh or from a jar

1 cup low sodium chicken broth

1 teaspoon chicken base

1 cup dry red wine (something you would also drink like a Cabernet)

2 tablespoons fresh thyme leaves or 1-1/2 teaspoons dry thyme

2 -8 ounce container sliced cremini mushrooms

Locate your slow cooker because you will be adding ingredients occasionally until everything is inside it.

Heat a nonstick skillet over medium heat and add the bacon. Cook until the bacon is brown which should be about 7-10 minutes. While the bacon is cooking, clean the chicken and sprinkle lightly with salt and pepper.

Put all of the carrots in the bottom of the slow cooker and add half of the onion slices. Sprinkle lightly with salt and pepper.

Remove the bacon and let drain on paper towel. Leave the bacon fat in the pan. Add the chicken to the pan and let cook on one side for 2-1/2 minutes, just to lightly brown one side. Transfer each piece to the slow cooker in a single layer if possible.

In the same pan add the rest of the onions for 3 minutes, stirring occasionally. Turn off or remove the pan from the heat and add the garlic for 1 minute. Pour these ingredients evenly over the chicken with the pan juices. Sprinkle with half of the thyme

In a small bowl or your measuring cup, add the chicken broth and stir in the chicken base until it dissolves. Set aside for a moment.

Add the mushrooms to the cooker and pour in the chicken broth and wine. Sprinkle lightly with salt and pepper and add the remaining thyme. Crumble the bacon on top and apply the lid. Cook according to the time shown at the top of the recipe to fit your needs.

Caroleicious!