



Crock Pot Chicken

This is comically simple, maybe 15 minutes of prep if you really dawdle. Let the crock pot do the work. Use the left overs to make chicken soup.

Ingredients

- 8 boneless chicken thighs, or 4 boneless chicken breasts cut in half
- 1.5 lb bag of baby red potatoes (or white, or yellow)
- 4 large carrots chopped into 1-inch pieces
- 1 large yellow (or white) onion chopped rough
- 1 8oz package of sliced mushrooms
- 2 tsp garlic salt
- 1 T onion powder
- 1 T lemon pepper
- 8-10 grinds of ground black pepper
- 1 tsp chopped sage
- 1 tsp chopped basil
- 1 tsp chopped oregano
- 1 tsp chopped rosemary
- 1 tsp chopped thyme
- 1 T chicken base (if using chicken breasts)
- 8 pats of butter (if using chicken breasts)
- 2 cups water

Chop: Chop the herbs, carrots and onion before you start loading the crock pot

Load: Load the crock pot in this order. Lay in the potatoes, carrots, onion, mushrooms. The cover with the chicken.

Flavor: Add the chicken base (if using chicken breasts).

Season meat: Add the garlic salt, onion powder, lemon pepper and ground pepper to the top of the chicken layer.

Fat: Place a pat of butter on each chicken breast.

Herbs: Dust the top of the chicken with the sage, basil, oregano, rosemary, thyme mixture.

Liquid: Add the water. Pour down the sides as you'd like those herbs to start on top the chicken.

Crock: Cook on high for 6-8 hours. It's done when you can pull the chicken apart with a couple of forks.

Serve: Serve on a plate with veggies and a piece of chicken. Cut up a piece a chicken and serve in a bowl with some jus from the pot (my favorite). Pull all the chicken and make it a chicken soup (add some egg noodles if the mood strikes you).