## Slow Cooker Chicken with Wild Rice & Vegetables

Prep: 15 min Cook: 6 hr Serves: 4

## Ingredients:

- 1 tablespoon olive oil
- 4 chicken breasts, boneless, skinless
- · 2 teaspoons garlic powder, divided
- 1 teaspoon kosher salt
- 1 cup wild rice, uncooked
- · 8 ounces sliced mushrooms
- · 2 large carrots, thinly sliced
- · 2 large stalks celery, thinly sliced
- · 1 teaspoon dried thyme
- 3 cups homemade chicken stock
- · Chopped fresh parsley, for garnish

## Directions:

- 1. Heat the olive oil in a large sauté pan over medium heat. Season the chicken breasts with 1 teaspoon garlic powder and salt. Cook the chicken for 3 to 4 minutes per side. Remove from heat.
- 2. Add the wild rice, mushrooms, carrots, celery, remaining 1 teaspoon garlic powder and thyme to a slow cooker and stir to combine. Add the chicken breasts on top in a single layer. Pour in the chicken stock.
- 3. Cook on LOW for 4 to 6 hours, or on HIGH for 1½ to 2½ hours, until the chicken is cooked through and rice is tender.
- 4. Garnish with chopped fresh parsley and serve immediately.
- 5. Remove potatoes from the oven and arrange broccoli and salmon fillets in a single layer on the baking sheet. Brush the salmon with the butter mixture. Season with salt.

Added Sugars

Protein

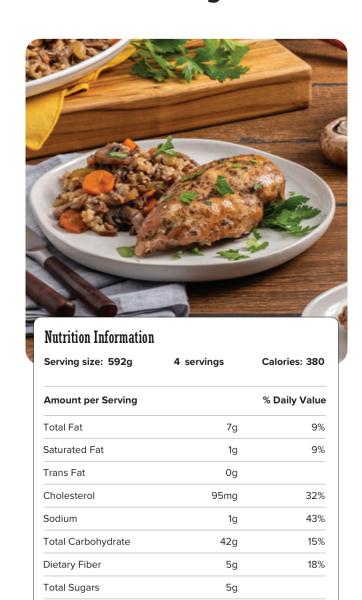
Vitamin D

Calcium

Potassium

Iron

6. Return baking sheet to the oven and bake for 15 minutes, or until salmon is cooked through and flakes easily. Garnish with fresh oregano and serve.



1g

37g

0mcg

44ma

2mg

1141mg

2%

4%

10%

25%