

# SLOW COOKER CHICKEN, FULLY



**THE COOKFUL**

*Edited by Christine Pittman*

# Slow Cooker Chicken, Fully

**The best thing about slow cookers is that they bring us comforting food with minimal work. This fall we wanted to dive into that slow cooker comfort so we brainstormed about the best ways to do it. We decided that we already know how to make soups, stews and pot roasts in the slow cooker. What we don't know is how to make our favorite classic recipes in there. Our newest ebook therefore focuses on slow cooker versions of classic recipes.**

We stuck with chicken recipes because otherwise this ebook would go on for eons. As it is, we had to whittle the list down quite a bit. In the end, we came up with our favorite 14 classic chicken dinners, classic chicken dinners that have undergone a slow cooker makeover, that is.

I hope you fall in love with these tasty, easy, delicious chicken dinners.

Now, let's get cooking. Slow-cooking, that is!

*Christine*



**THE COOKFUL**

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Edited by Christine Pittman. Designed by [Garnishing Co.](#)

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# Slow Cooker White Chicken Chili

By Sam Ellis

*Summer's over but autumn offers so much to get excited about – like warming up with a bowl of savory slow cooker white chicken chili.*

Slow Cooker White Chicken Chili sounds like it'd be a bland, flavorless dish. A lack of color doesn't mean a lack of flavor though. It's one of the most flavorful chilis I've ever had and it will be a popular dish during cold months. It's also hearty and makes enough for a crowd.

Let's talk about these flavors. There are layers and layers which make it more delicious the longer it sits. The flavors also build with each bite which is one of my favorite qualities in a dish.

You've got poblano peppers that hold up perfectly in a slow cooker with their thick skins, and green chiles that give off a little heat. The onions and garlic are the aromatics with cumin, oregano and coriander added for some warming spice.

# Slow Cooker White Chicken Chili

*Continued from previous page*

My favorite part of the chili might be the smoked paprika. It gives it an earthy and smoky (obviously) flavor that ties it all in. If you're looking for more heat, I suggest topping it with some jarred jalapeños. You can also serve it with shredded cheese, sour cream and avocados to cool it right back down.

Be ready to break out this recipe again and again once you've tried it. And if you're making dinner for a crowd, prep will be a breeze when you pair your slow cooker chicken chili with grilled cheese for a crowd.

**Yield:** 6-8 servings

**Prep Time:** 5 minutes

**Cook Time:** 4-6 hours

**Total Time:** 4-6 hours 5 minutes

**Ingredients:**

1 and 1/2 lbs. boneless,  
skinless chicken breast  
1/2 onion, diced  
2 cloves garlic, minced  
1 quart chicken broth  
2 poblano peppers, seeded  
and diced  
1 (4.5 oz.) can chopped green  
chiles  
1 tsp. cumin  
1 tsp. oregano  
1/2 tsp. coriander  
1/2 tsp. smoked paprika  
2 Tbsp. lime juice  
1/2 tsp. salt  
1/4 tsp. pepper  
2 (15.5 oz.) cans cannellini  
beans, drained and rinsed  
1 (15.25 oz.) can whole kernel  
corn, drained

1. Combine all ingredients except cannellini beans and corn in a slow cooker.
2. Cook on high for 4 hours or low for 6-7 hours.
3. With 30 minutes left, remove the chicken and shred with forks.
4. Add chicken back to slow cooker along with cannellini beans and corn.
5. Stir. Cover for remaining 30 minutes. Serve warm.

# Slow Cooker Chicken Carnitas

By Sam Ellis

*Now tacos for dinner are even easier. Make chicken carnitas in the slow cooker and spend only minutes assembling dinner.*

These Slow Cooker Chicken Carnitas are guaranteed to be your family's next go-to meal for future taco nights. Each bite will leave you craving more. Even though traditional carnitas are made with pork, the low and slow method of making carnitas in the slow cooker makes the chicken just as flavorful.

The citrus juice paired with savory spices give the broth a great base. Once the chicken is done cooking, save the broth to drizzle over the tacos, infusing even more flavor into the chicken.

You can totally make up some basic shredded chicken in the slow cooker to put into pasta dishes and on salads, all kinds of things. It's such a great ingredient to have on hand. However, when I want Mexican, I want some shredded chicken with crunch. I want chicken carnitas!

The key to adding a satisfying crunch to slow cooker chicken carnitas is using the broiler for the final step. Set an oven rack to just below the broiler. I adjusted it to about 6 inches away and turned the broiler on just before I transferred the chicken from the slow cooker to a 17x11 cookie sheet, which gave the broiler enough time to warm up.

To get an even crunch to the chicken, you'll have to stir the chicken occasionally and put it back in the oven. Drizzle a little of the broth over it each time to avoid drying it out too much. No one likes dry chicken. Pick off any burnt pieces and continue until you get your desired crunch. I found that it was a longer first cycle and two more shorter cycles that led to perfection. Finish with a little more broth and you're ready to go!



# Slow Cooker Chicken Carnitas

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 5 minutes

**Cook Time:** 4-6 hours

**Total Time:** 4-6 hours,  
5 minutes

**Ingredients:**

1 and 1/2 lbs. boneless,  
skinless chicken breast  
1/2 onion, diced  
1 cup chicken broth  
2 limes, juiced  
1/4 cup orange juice  
1 and 1/2 tsp. chili powder  
1 tsp. cumin  
1 tsp. garlic powder  
1 tsp. oregano  
2 bay leaves  
1 tsp. salt  
1 tsp. pepper

1. Combine all ingredients in a slow cooker. Cook on high for 4 hours or low for 6-7 hours.
2. With 30 minutes left, remove the chicken and shred with forks. Remove the bay leaves. Place chicken back in the slow cooker for the remaining 30 minutes.
3. Move an oven rack to 6 inches below the broiler. Set broiler to high. Using a slotted spoon, remove the chicken and place it on a cookie sheet.
4. Place chicken under broiler for 5 minutes. Remove from oven, spoon 1/4 cup of broth from slow cooker onto chicken and toss. Place back into oven for 2 minutes. Spoon 2 tablespoons of broth onto the chicken and toss. Place back into oven for 2 minutes. Spoon 2 tablespoons of broth onto the chicken and toss. Repeat until chicken has a nice crunch in places.



# Slow Cooker Shredded Chicken

By Sam Ellis

*Forget one-trick recipes! Versatility rules the kitchen with the easiest shredded chicken recipe you'll ever find.*

There's nothing like coming home after a long day and putting together chicken burrito bowls or chicken carnitas, but sometimes you just want to throw some shredded chicken onto a salad or toss it with pasta and call it a day. That's why you need to know how to make shredded chicken in the slow cooker.

Shredded chicken is one of the ingredients that makes busy weeknight meals so much easier. It's essential for healthy eating and time-crunched families. The only thing better than having chicken ready to eat is making it with minimal effort. Cue this slow cooker shredded chicken. It takes five minutes to prepare and you can make a variety of meals simply by adding a few more ingredients. Plus, making it in the slow cooker leaves the chicken moist, flavorful and ready to take on any flavors you want to put on it.



# Slow Cooker Shredded Chicken

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There are two ways to enjoy the ease of slow cooker shredded chicken. You can either throw it in the slow cooker in the morning to enjoy for dinner or make it during the weekend so weekly meal prep is easier. I'm a huge fan of having ready-to-go chicken for different meals during the week.

Use it to top salads, throw it in a wrap or toss in a bowl with some grains and veggies. There's no way to get bored with slow cooker shredded chicken when it's so versatile. Once the chicken is done, put it in a container with a half cup of the liquid and let it cool before putting it in the fridge. Just like that, you've got chicken ready to go!

**Yield:** 6 servings

**Prep Time:** 5 minutes

**Cook Time:** 4-5 hours

**Total Time:** 4-5 hours,  
5 minutes

**Ingredients:**

1 cup water

1 cube chicken bouillon

1/2 tsp. pepper

1 and 1/2 lbs. boneless,  
skinless chicken breast

1. In a small saucepan, bring water to a simmer. Dissolve chicken bouillon in the water. Add the salt and pepper.
2. In a slow cooker, place chicken breasts and pour in the chicken bouillon mixture. Cover and set on high for 4 hours or low for 6 hours.
3. Remove chicken from the slow cooker once done and shred with two forks. Reserve 1/2 cup of the liquid and discard the rest. Place the shredded chicken back into the slow cooker and mix with the liquid. Serve or save for later use saving 1/2 cup of broth with it to keep it moist in the container.

# Slow Cooker Chicken Stuffed Peppers

By Jamie Silva

*Healthy. Hearty. Easy. Pretty. DEEElicious! Chicken Stuffed Peppers in the slow cooker have it all.*

The biggest blessing to ever come to the kitchen is the invention of the slow cooker. It's perfect for busy days. Preparing a meal has never been easier. Case in point, Slow Cooker Chicken Stuffed Peppers.

These stuffed peppers look like you've spent all day in front of the oven when really, you literally prepped and threw it all into the slow cooker in less than ten minutes. Imagine that, a hearty meal that's mostly hands-off.

Take ground chicken, combine it with rice, corn, beans, salsa and spices, then stuff the mixture inside a bell pepper and slow cook it to perfection. It's like a flavorful mini meal, full of protein, with melted cheese on top. The peppers are so tender. Your whole family will eat it right up. On the other hand, if you forgot to get dinner started in the morning you gotta try oven baked [Classic Stuffed Peppers](#) or, even faster, whip up these quick and easy [Stuffed Peppers with Chicken and Cheese](#).



# Slow Cooker Chicken Stuffed Peppers

*Continued from previous page*

**Yield:** 6 servings

**Prep Time:** 10 minutes

**Cook Time:** 2 hours 40 minutes

**Total Time:** 2 hours 50 minutes

**Ingredients:**

6 large bell peppers,  
tops sliced off,  
stemmed and seeded  
1 lb. ground chicken  
1 and 1/2 cups cooked rice  
1 (15 oz.) can corn kernels  
1 (15 oz.) can black beans  
1 cup store-bought salsa  
1 tsp. cumin  
1 tsp. chili powder  
Salt & pepper to taste  
Shredded cheese  
Cilantro

1. In a large bowl, combine ground chicken, rice, corn, black beans, salsa, cumin, chili powder, salt and pepper. Mix well then divide the filling between the bell peppers.
2. Place bell peppers in the slow cooker. Cover then cook on high for 2.5 hours, or until the peppers are tender and the chicken is cooked through. You can always use an instant read thermometer to make sure the center has cooked long enough. It needs to be at 165°F.



# Slow Cooker Chicken and Dumplings

By Jamie Silva

*Slow Cooker Chicken and Dumplings adds a whole new level of easy to this comfort food favorite.*

If you've been craving comfort food, look no further. Slow Cooker Chicken and Dumplings is just the thing to satisfy that craving. It's always a crowd favorite and the best part is it's made entirely in the slow cooker.

Whether you're pressed for time or in need of something warm and filling, a slow cooker is your best option for comfort food like Chicken and Dumplings or White Chicken Chili. Slow cooker meals are easy to make and oh-so-flavorful.

# Slow Cooker Chicken and Dumplings

*Continued from previous page*

Slow Cooker Chicken and Dumplings couldn't possibly get any easier or more delicious than this. In the slow cooker, the chicken gets fork tender and soaks up the juices from the soup and chicken stock. Simply add the dumplings after a few hours of slow cooking. I even have a super easy hack for the biscuits - store-bought biscuit dough. Voilà! It's that easy. Comfort food at its finest.

**Yield:** 8 servings

**Prep Time:** 10 minutes

**Cook Time:** 6 hours

**Total Time:** 6 hours 10 minutes

1. Place the chicken, butter, soup, chicken stock, onion, salt and pepper in a slow cooker.
2. Cover, and cook for 4 hours on high. After 4 hours, place the torn biscuit dough in the slow cooker. Cook until the dough is no longer raw in the center, approximately 1.5-2 hours.

## **Ingredients:**

4 skinless, boneless chicken breast halves  
2 Tbsp. butter  
1 (10.75 oz.) can condensed cream of chicken soup  
1 cup chicken stock  
1 finely diced onion  
Salt & pepper to taste  
1 (10 oz.) package refrigerated biscuit dough, torn into pieces



## Slow Cooker Chicken Fajitas

By Jamie Silva

*There's nothing like walking into the house after a long day and being greeted by the aroma of fajitas slow cooking away.*

Whether it's Mexican Monday or Taco Tuesday, slow cooker chicken fajitas are always a good idea. Granted, fajitas aren't technically tacos. I get it... BUT they do make a great alternative. You can have Mexican-style slow cooker meals several nights of the week if you add Chicken Burrito Bowls and Chicken Carnitas to the lineup. Meals that are easy and packed with flavor every night of the week? Yes, please!

Making chicken fajitas in the slow cooker is a set-it-and-forget-it kinda meal. And who wouldn't love that! I love leaving my slow cooker on low while I'm away from home. Before you know it, dinner's ready and you didn't waste time standing over a stove all day.

# Slow Cooker Chicken Fajitas

*Continued from previous page*

These chicken fajitas are so juicy and flavorful and your house will smell amazing. Loaded with bell peppers, onions, diced tomatoes and a hint of lime, just one whiff and your mouth will be watering for dinner. They're a hit with the whole family. I bet you have most of the ingredients in your house as we speak. Here's how easy it is to bring these bad boys to life.

**Yield:** 8 servings

**Prep Time:** 10 minutes

**Cook Time:** 4 hours

**Total Time:** 4 hours 10 minutes

**Ingredients:**

1 sliced red bell pepper  
1 sliced yellow bell pepper  
1 sliced green bell pepper  
1 sliced onion  
2 lbs. of boneless, skinless chicken breasts  
2 Tbsp. taco seasoning  
4 minced cloves of garlic  
1 (10 oz.) can diced tomatoes, drained  
2 tablespoons of lime juice  
Flour tortillas

*Optional:*

Shredded cheese  
Sour cream  
Guacamole  
Limes

1. Put the sliced peppers, onions and chicken in the slow cooker. Top chicken with taco seasoning then add in garlic, tomatoes and lime juice. Cook on high for 4 hours.
2. Remove chicken and shred with two forks. Turn the slow cooker down to low. Place the shredded chicken back into the slow cooker and cook for a few minutes until ready to serve.
3. Serve chicken fajitas on warm flour tortillas then top with sour cream, guacamole, shredded cheese and a squeeze of lime, if desired.

# Slow Cooker Coq Au Vin

By Tawnie Kroll

*Did you know Coq au Vin literally means, “Rooster in Wine?” Now you do! Let’s swap out the rooster and make it with chicken. We’ll keep the wine in, of course. And we’re going to make it in the slow cooker for an easy twist.*

Many people, myself included, may be familiar with Coq au Vin because of the oh-so-popular home chef Julia Child. When thinking of her and this fabulous French dish, her famous quote came to mind: “I enjoy cooking with wine, sometimes I even put it in the food!” No wonder Coq au Vin is such an incredible meal!

The wine is not only essential for sipping, but it also serves 2 main purposes here. First off, the red wine adds a deep, rich flavor and secondly, the acid helps tenderize the chicken.



The beauty of cooking Coq au Vin in the slow cooker is that it adds even more tenderness and allows the flavors to further blend together.

Coq au Vin appears complicated, but in reality, it’s a very simple French dish and is made even simpler when using the slow cooker. That’s why we simply had to add it to this slow cooker chicken dinner series. I added Sriracha to this recipe for a spicy kick and used hearty vegetables like carrots, celery and pearl onions. Typically you’ll also find potatoes in Coq au Vin, but I prefer to serve it over mashed potatoes instead.

This beautiful dish is simply delicious and not at all intimidating. Trust me!



# Slow Cooker Coq Au Vin

*Continued from previous page*

**Yield:** 4-6 servings

**Prep Time:** 30 minutes

**Cook Time:** 3-7 hours

**Total Time:** 3-7 hours 30 minutes

**Ingredients:**

6 slices bacon, thick cut,  
chopped 1/2 inch  
6 chicken thighs, skin  
removed  
2 Tbsp. unsalted butter  
12 oz. baby bella mushrooms,  
quartered  
2 large carrots, chopped  
2 celery stalks, chopped  
5 oz. pearl onions, blanched  
& peeled  
1 Tbsp. garlic, minced  
1 and 1/4 cups chicken broth  
1 and 1/2 cups red wine  
(pinot noir)  
1 tsp. ground thyme  
2 fresh bay leaves  
1 sprig rosemary, finely  
chopped  
1 Tbsp. Sriracha sauce  
Salt and pepper to taste  
Parsley for garnish

1. Heat a medium-sized heavy-duty skillet over medium heat and add the chopped bacon. Cook for about 6-7 minutes, removing from heat before bacon gets too crispy. Place bacon and drippings in bottom of slow cooker.
2. In a separate nonstick skillet over medium-high heat, melt 2 tablespoons butter and add the skinless chicken thighs. Cook until chicken is lightly browned on each side, about 3 minutes. Place chicken in slow cooker right on top of bacon.
3. Then, add mushrooms to skillet and cook for 3 minutes over medium heat. Then add in carrots, celery, pearl onions and garlic. Cook these vegetables for another 5 minutes and transfer to the slow cooker.
4. In the slow cooker add in chicken broth, red wine, thyme, bay leaves, rosemary, Sriracha, salt and pepper. Cover and cook on high for 3 hours or on low for 6-7. Garnish with fresh parsley.

# Slow Cooker Orange Chicken

By Meghan Bassett

*Skip the takeout menu and let your slow cooker deliver Orange Chicken instead.*

I'm sure you've thought about making takeout at home at least once or twice in your lifetime. After all, wouldn't it be nice to save a little money and make your favorite takeout at home?

The answer is a resounding yes for me.

The only question is, is it really worth the time? Generally, taking the time to make takeout recipes at home can be more complicated than picking up the phone and ordering.

I'm so glad The Cookful put together this Slow Cooker Chicken Series because the slow cooker is a busy household's go-to tool year-round for easy meals. By the end of the workday, no one feels like putting a ton of time into making dinner. You order takeout for dinner because you want it made and ready to go when you walk in the door.

This is why we all end up ordering so much takeout, isn't it?

With Slow Cooker Orange Chicken and Teriyaki Chicken you can have the magic of takeout at home without spending a ton of active time putting dinner together. This simple recipe has all of the rich, bright flavors of classic orange chicken and it's beyond easy to prepare. Promise.

This is one of those recipes you can simply dump into the slow cooker and forget about it until you come home to a house filled with the smells of delicious Asian food.



# Slow Cooker Orange Chicken

*Continued from previous page*

**Yield:** 4 servings

**Prep Time:** 10 minutes

**Cook Time:** 2 hours

**Total Time:** 2 hours 10 minutes

**Ingredients:**

2 Tbsp. olive oil  
2 lbs. boneless, skinless chicken breasts, cut into 1-inch cubes  
1/3 cup cornstarch  
1/2 tsp. salt  
1/2 tsp. black pepper  
1 cup orange marmalade or orange preserves  
1 Tbsp. brown sugar  
1/3 cup soy sauce  
1 Tbsp. rice wine vinegar  
1 and 1/2 tsp. sesame oil  
1 tsp. ground ginger  
1 tsp. garlic powder  
1/2 tsp. cumin powder  
1/2 tsp. cayenne pepper  
Sesame seeds  
Sliced green onion  
White rice

1. Add 1 tablespoon olive oil to the bottom of a slow cooker.
2. In a Ziploc bag, combine chicken, cornstarch, salt and pepper. Shake to coat the chicken pieces.
3. Add chicken to the slow cooker.
4. In a medium bowl, whisk together orange marmalade, brown sugar, soy sauce, rice wine vinegar, sesame oil, ground ginger, garlic powder, cumin powder and cayenne pepper until well combined.
5. Pour sauce over chicken and stir to coat.
6. Cook on high for 2 hours.
7. Serve chicken over white rice with a garnish of sesame seeds and sliced green onion.

# Slow Cooker Chicken Burrito Bowls

By Meghan Bassett

*Bye-bye Chipotle. Time to make Chicken Burrito Bowls with the slow cooker.*

Mexican food always inspires me to get in a better mood, so I've been really excited during our slow cooker chicken dinner series. Did you see those slow cooker carnitas? And those slow cooker fajitas? Oh my. This inspiration is something we seriously need in life, which is why I'm throwing my hat in the ring with these copycat Chipotle Chicken Burrito Bowls, done in the slow cooker. Bam!

This is a whole new level of delicious meal prep. Yes, you can totally prep this meal ahead of time.

Make the chicken on a Sunday afternoon, then assemble the slow cooker chicken burrito bowls for the week. The key is to keep the cold ingredients (i.e. sour cream and salsa) on the side so you can warm up the bowls and top them when you're ready to eat.

The entire meal is pretty darn easy to pull together. The flavorful, tender chicken is made in the slow cooker and with the chicken stock, tomato juices and spices it cooks in, it is oh-so easy to shred when you take it out. It's that melt-in-your-mouth tender chicken that you attribute to Chipotle except with even MORE flavor.

The rest of the recipe takes about 5 minutes to assemble and there you go. You have lunches or dinner made ahead with very little work. Packaging each serving in its own container also makes it handy to top each bowl the way family members will enjoy it without going to a lot of work.

However, that's only if you feel like sharing. I guarantee after one bite of these explosive flavors you'll want to keep the recipe to yourself.



# Slow Cooker Chicken Burrito Bowls

*Continued from previous page*

**Yield:** 4-6 servings

**Prep Time:** 10 minutes

**Cook Time:** 4 hours

**Total Time:** 4 hours 10 minutes

## **Ingredients:**

### *Slow Cooker Chicken:*

3 lbs. boneless, skinless  
chicken breasts  
1/2 cup chicken stock  
1 (14.5 oz.) can diced  
tomatoes with juice  
1 tsp. garlic powder  
1 tsp. chili powder  
1/2 tsp. onion powder  
1/2 tsp. cumin powder  
1/2 tsp. cayenne pepper  
1/2 tsp. salt  
1/2 tsp. black pepper

### *Cilantro Rice:*

2 cups cooked rice  
1 and 1/2 tsp. lime juice  
1 tsp. freshly chopped cilantro

### *Burrito Bowls:*

1 cup black beans, drained  
1 avocado, peeled, pitted and  
sliced  
1 cup pico de gallo  
2/3 cup shredded Mexican  
style cheese  
Optional toppings: Hot  
salsa, sour cream, freshly  
chopped cilantro

1. In the insert of a slow cooker, add chicken breasts, chicken stock, can of diced tomatoes, garlic powder, chili powder, onion powder, cumin powder, cayenne pepper, salt and pepper. Stir to combine.
2. Cook on high for 3 to 4 hours. Transfer chicken from the slow cooker to a bowl. Shred the meat using two forks. Set aside.
3. To make the rice, stir together warmed up cooked rice with lime juice and cilantro. Set aside.
4. To assemble the bowls, start with a base of cilantro lime rice. Top with shredded chicken, black beans, pico de gallo, Mexican style cheese and avocado. Serve with hot salsa, sour cream and additional freshly chopped cilantro.

# Slow Cooker Whole Chicken

By Meghan Bassett

*Who knew you could roast a whole chicken in the slow cooker? Sure comes in handy on busy days!*

Did you know you can cook a gorgeous whole chicken (with vegetables) in a slow cooker? I have to be honest, this girl didn't. I thought whole roasted chickens were a labor of love, meant for Sunday afternoons when you have all the time in the world to cook a quality dinner for the family.

The truth is, you can make this stunning, browned bird in your slow cooker (with a little help at the end from your broiler) while you're at work. This bird can be cooking up in your slow cooker with vegetables so when you come home, all you have to do is throw the dish in the oven to crisp up the skin and set the table.

A key component of this chicken dish is the chili rub. The combination of dry spices seeps into the juicy meat of the chicken, making this anything but your ordinary roasted chicken.

The other key component is stuffing the chicken with citrus and garlic cloves before you cook it. This helps infuse the chicken with bright and savory flavors to compliment the chili rub while keeping the meat oh-so tender from the inside out. With less than 10 minutes of prep, you'll be on your way to a homemade slow cooker roasted chicken dinner that everyone will love. The flavor of the dry rub, the citrus and the garlic all combine to make the chicken juicy, flavorful and rustic.

However, the good flavor doesn't end there. As the chicken cooks, the flavorful juices drip down, giving the vegetables an intense savory deliciousness that adds so much to the dish as a whole.



# Slow Cooker Whole Chicken

*Continued from previous page*

Everyone will think you spent hours on this whole roasted chicken, and you can secretly laugh to yourself about just how easy the recipe really is. It'll be our little secret, ok?

**Yield:** 4-6 servings

**Prep Time:** 10 minutes

**Cook Time:** 6 hours 5 minutes

**Total Time:** 6 hours 15 minutes

## **Ingredients:**

1/2 onion, chopped  
2 russet potatoes, scrubbed and chopped  
4 carrots, peeled and cut in half  
4 celery stalks, cut in thirds  
4 tsp. salt  
1 and 1/2 tsp. paprika  
1 and 1/2 tsp. chili powder  
1 tsp. onion powder  
1/2 tsp. garlic powder  
1/2 tsp. cayenne pepper  
1/2 tsp. dried basil  
One 4-5 lbs. whole raw chicken, organs removed  
5 garlic cloves, peeled and smashed  
1 lemon, quartered  
1 lime, quartered

1. In the bottom of a slow cooker, place onions, potatoes, carrots and celery.
2. In a small bowl, stir together salt, paprika, chili powder, onion powder, garlic powder, cayenne pepper and dried basil.
3. Rinse the chicken with cold water and pat dry with paper towels. Rub the chicken all over with the spice mixture. Stuff the chicken with garlic cloves, lemon wedges and lime wedges. Tie together the chicken legs with twine.
4. Place the chicken on top of the vegetables. Cover and cook on low for 4 to 6 hours, until it reaches an internal temperature of 160°F on an instant read thermometer.
5. Turn on the broiler.
6. Carefully remove the chicken from the slow cooker to a cutting board. Strain the juices from the bottom and add the vegetables to a large casserole dish.
7. Carefully place the whole chicken on top of the vegetables. Broil the chicken with the vegetables until the skin is brown and crispy, approximately 3-5 minutes. The internal temperature of the chicken should be 165°F.
8. Remove from oven and rest for 5 to 10 minutes. Carve and Serve. ([Here's how to carve a chicken, by the way](#)).



# Slow Cooker BBQ Pulled Chicken

By Sara Blackburn

*This BBQ pulled chicken is a breeze when you make it in the slow cooker. And it's so delicious with its own homemade BBQ sauce and a secret ingredient.*

When the weekdays get busy - and let's be real, when don't they - there's nothing easier than throwing ingredients into the slow cooker and having a delicious, filling meal ready in a few hours. That's exactly why this Slow Cooker BBQ Pulled Chicken is on constant rotation in our household. It really doesn't get any better (or tastier) than this recipe.

What makes it so good? The homemade BBQ sauce is pretty special, at least partly because it includes a special ingredient (hint: it's a common hot morning beverage!).

Did you guess the special ingredient? It's espresso! The coffee notes of the espresso tie in perfectly with the sweet acidity of the tomato paste and apple cider vinegar. It's truly a match made in barbecue sauce heaven.

This Slow Cooker BBQ Pulled Chicken is so crave-worthy that everyone will come back for more.



# Slow Cooker BBQ Pulled Chicken

*Continued from previous page*

**Yield:** 4-6 servings

**Prep Time:** 10 minutes

**Cook Time:** 4 hours 20 minutes

**Total Time:** 4 hours 30 minutes

**Ingredients:**

3 (6 oz.) cans no-salt-added tomato paste  
2 cups water  
1/2 cup apple cider vinegar  
1/3 cup brown sugar  
2 Tbsp. brown mustard  
2 Tbsp. instant espresso  
2 Tbsp. Worcestershire sauce  
1 and 2/3 Tbsp. hickory flavored liquid smoke  
1 Tbsp. coarse salt, such as pink Himalayan  
2 tsp. red pepper flakes  
3 lbs. boneless, skinless chicken breast

1. Add tomato paste, water, apple cider vinegar, brown sugar, mustard, instant espresso, red pepper flakes, Worcestershire sauce, liquid smoke and salt to slow cooker insert and stir until well combined.
2. Add chicken in a single layer.
3. Cover and cook on high for 4 hours, until internal temperature of chicken is at least 165°F.
4. Once cooked, use tongs to move chicken breasts from slow cooker to a plate. Shred chicken using two forks. Return shredded chicken to slow cooker. Cover and cook for 20 minutes to allow chicken to soak up barbecue sauce.



# Slow Cooker Lemon Chicken

By Ellie O'Brien

*Learn how to make the classic lemon chicken in the slow cooker. It's never been easier or tastier!*

Set it and forget it! While we know this phrase from the classic rotisserie chicken infomercial of the 90s, it so accurately describes the best feature of slow cookers. And like everyone in today's busy world, I can certainly use more recipes where I can "set it and forget it". Bonus points for leftovers that make tomorrow's lunch the best meal of the week.

Oregano, garlic and lemon juice make this slow cooker lemon chicken dish memorable with bright flavors and juicy chicken. If you add one extra step to your preparation, the results will increase tenfold. All you have to do is brown the chicken in olive oil or butter first to lock in those juices, then let the slow cooker do the rest. If you have an Instant Pot it's even easier since you can brown the chicken right in it then set the slow cooker feature.

# Slow Cooker Lemon Chicken

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Traditionally Lemon Chicken is served with rice or pasta, but it's equally good with a big salad and a side of green beans. If you want a little more lemon on your plate you could make these [Lemon Pepper Green Beans](#). Don't forget the crusty bread and a glass of Sauvignon Blanc. Dinner is served!

**Yield:** 4 servings

**Prep Time:** 15 minutes

**Cook Time:** 4 hours

**Total Time:** 4 hours 15 minutes

**Ingredients:**

4 boneless, skinless chicken breasts  
1 tsp. dried oregano  
3/4 tsp. salt  
1/2 tsp. pepper  
2 Tbsp. olive oil  
1 cup chicken stock  
2 Tbsp. lemon juice  
2 garlic cloves, minced  
Fresh parsley

1. Spray the slow cooker with cooking spray. Trim any fat off chicken breast and pat dry.
2. In a small bowl, mix together oregano, salt and pepper. Rub mixture over the chicken breasts.
3. Heat skillet to medium heat and add 1 tablespoon olive oil. Sear 2 chicken breasts until brown – 2 minutes per side. Repeat with the remaining olive oil and chicken. Add chicken to slow cooker.
4. Mix together chicken stock, lemon juice and garlic. Pour over chicken breasts.
5. Cook on low for 3.5 hours. Baste chicken with juices and continue cooking for an additional 30 minutes. Serve with an extra lemon wedge and fresh parsley.

# Slow Cooker Chicken with 40 Cloves of Garlic

By Ellie O'Brien

*Garlic lovers rejoice. You can now enjoy chicken with 40 cloves of garlic without having to watch the stove.*

I'm a firm believer in the fact that anything, yes ANYTHING, can be made in a slow cooker. Don't believe me? Check out this amazing [Slow Cooker Chicken Parmesan](#) with crunchy breadcrumbs and all... or slow cooker Coq au Vin... or orange chicken delivered by the slow cooker instead of a delivery man.

Today though, we're stepping up your slow cooker game even more. We're taking the classic Chicken with 40 Cloves of Garlic and slowing things down. This recipe is traditionally made in the oven and cooked for 1-2 hours, depending on the size of your bird.

But the magic of this recipe is the garlic – I mean, there are 40 cloves! As garlic cooks, the pungent flavor is replaced with a softer and sweeter intensity. That's why I like making this recipe in my slow cooker. Plus, the additional cooking time allows for the intense garlic flavor and the cloves themselves to soften. Spread the cloves on top of the chicken after it is cooked or smash them on a piece of crusty bread and dunk it in the leftover jus.

Because this is a slow cooker dish, it couldn't be simpler to make. Put all the ingredients in the slow cooker, add some fresh thyme for good measure and then let it do its thing. This elegant chicken dinner is best served with a slice of crusty bread and a glass of wine.



# Slow Cooker Chicken with 40 Cloves of Garlic

*Continued from previous page*

**Yield:** 4-6 servings

**Prep Time:** 10 minutes

**Cook Time:** 8 hours

**Total Time:** 8 hours 10 minutes

## Ingredients:

Cooking spray

2 cups unsalted chicken stock or vegetable stock

3 Tbsp. all-purpose flour

2 Tbsp. butter, melted and cooled

Juice of half a lemon

1 and 1/2 lbs. boneless, skinless chicken thighs

2 tsp. salt, divided

1 tsp. freshly ground black pepper, divided

1 and 1/2 lbs. red potatoes, scrubbed and quartered

40 garlic cloves, peeled

15 fresh thyme sprigs

1. Spray the slow cooker with cooking spray.
2. Combine the stock, all-purpose flour, butter and lemon juice in a bowl. Whisk to combine. Pour mixture into the slow cooker.
3. Using 1 teaspoon of salt and 1/2 teaspoon of pepper, season the chicken thighs and place them into the slow cooker.
4. Add potatoes, garlic and thyme over the chicken. Cook on low for 6-8 hours or high for 3-4 hours.
5. To serve, discard thyme and arrange potatoes and garlic on a platter. Top with chicken and season with remaining salt and pepper and another squeeze of lemon juice.



# Slow Cooker Chicken Teriyaki

By Ellie O'Brien

*It's takeout...only better. Slow Cooker Chicken Teriyaki can be started in the morning and is ready when you walk in the door at dinnertime.*

Between working, chauffeuring the kids to school and their activities, maintaining the ever-growing laundry pile and simply taking a few minutes to relax, life is busy. After a long day, takeout is often the simple and easy solution to a weeknight dinner.

But we all know it's better for us, and cheaper too, to make these dinners at home. Using a slow cooker for classic takeout meals like chicken teriyaki, orange chicken and chicken burrito bowls, you can make takeout yourself with very little effort at the end of your long day. Using a rice cooker or Instant Pot to make your rice can make dinnertime prep even easier.

The key to this dish is the teriyaki sauce, a savory teriyaki made with the distinct flavors of honey and soy sauce which are pulled together with a bit of rice wine vinegar and ginger. The sauce comes together in two easy parts. First, it's cooked with the chicken in the slow cooker;

# Slow Cooker Chicken Teriyaki

*Continued from previous page*

this keeps the chicken moist and gives it a ton of flavor. Then it's thickened with a cornstarch slurry over the stove before being added back to the chicken. This dish is best served over white rice and topped with chopped green onions – every single bite is packed with flavor!

**Yield:** 4-6 servings

**Prep Time:** 10 minutes

**Cook Time:** 4 hours

**Total Time:** 4 hours 10 minutes

## **Ingredients:**

2 lbs. boneless, skinless  
chicken breasts

1/2 cup honey

1/2 cup soy sauce

1/4 cup rice wine vinegar

1/2 tsp. ground ginger

1/4 tsp. black pepper

3 cloves garlic, minced

1/2 white onion, chopped

1/4 cup cold water

3 Tbsp. corn starch

To Serve: 1 and 1/2 cups

cooked white rice and 2  
green onions, chopped

1. Add chicken breasts to the bottom of the slow cooker in a single layer.
2. In a small bowl, whisk together honey, soy sauce, rice wine vinegar, ginger, pepper, 1 tablespoon oil, garlic and onion. Pour over the chicken breasts and place cover on slow cooker. Set slow cooker to 'low' for 4 hours and cook until internal temperature of the chicken reaches 165°F. Begin checking at 3 hours. Once cooked, transfer chicken to a large bowl and shred using two forks. Transfer the sauce from the slow cooker into a medium saucepan.
3. In a small bowl, whisk water and cornstarch together until the cornstarch is dissolved. Add the cornstarch mixture to the teriyaki sauce, whisking to combine. Bring to a boil over medium-high heat and let it boil until thickened, 1-2 minutes. Remove from heat and pour over the shredded chicken. Toss to combine.
4. Serve with white rice and top with sliced green onions.

# Contributors

*Many thanks to our writers for this edition of The Cookful.*



## **Amy Bowen, editor**

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is a supporting editor for this ebook.



## **Christine Pittman, editor**

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Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## **Heather McCurdy, editor**

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Heather McCurdy is an editor and the food and travel blogger behind Real: The Kitchen and Beyond where she encourages readers to savor life around the table and on the road with any budget. She loves fresh produce, dark chocolate, and a good stout. The worst meal she ever ate was liver and onions her dad said would make a great childhood birthday dinner. Heather is also on the editorial team at The Cookful and is a supporting editor for this ebook.



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Food addict turned food blogger with a love for cooking uncomplicated, gourmet recipes. I love creating food that is straightforward, relatable and will blow your friends and family away. I am the author of the food blog [Cake 'n Knife](http://CakenKnife.com), where you'll find that fresh ingredients + unique flavors + love = gourmet food, every single time.



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Many thanks to our writers for this edition of *The Cookful*.



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Sara blogs at Real Balanced where she shares low-carb, ketogenic, paleo, and low-FODMAP recipes. She believes in a diet lifestyle full of real food, fitness, and the occasional helping (or two...or three) helpings of chocolate and ketogenic fat bombs. Outside of the kitchen, Sara is either working at her fulltime job, binge watching a TV series, or obsessing over her Boston terrier pup, Rowsdower.



## Ellie O'Brien

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When not working full time as an engineer, you can find Ellie in her kitchen and blogging at Hungry by Nature. Her approach to food is simple – eat healthy, whole, natural foods and always leave room for dessert! While seasonal, healthy foods are a top priority, Ellie has also been known to eat ice cream for dinner. It's all about balance!



## Sam Ellis

» [www.theculinarycompass.com/](http://www.theculinarycompass.com/)

Sam blogs at The Culinary Compass where she loves to try new recipes and ingredients from around the world. She thinks trying new dishes and spices is the easiest way to travel! She loves coffee so much that she often goes to bed excited for a fresh cup in the morning.



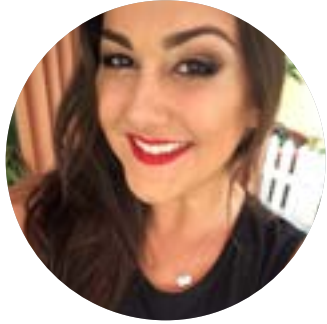
## Tawnie Kroll

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Tawnie Kroll is a California based food blogger and healthy recipe developer. She is a Registered Dietitian Nutritionist and a lover of cooking and baking! Follow her blog for recipes, healthy living tips and practical scientific evidenced based advice to help you improve your health and wellbeing.

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## **Jamie Silva**

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Jamie is the blogger behind A Sassy Spoon, where she inspires you to celebrate the good things in life – food and travel! She shares accessible recipes ranging from easy everyday dishes, party food, and Cuban-inspired meals, as well as entertaining ideas and fun travel guides. Whether on a road trip or in the kitchen, she’s always thinking of her next recipe, next party, or next trip.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-tos, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**