

Slow Cooker Irish Coddle



Ingredients:

- (1 lb.) Chicken (I mix breast and thighs) cut into 1-inch pieces
- (1 cup) Low sodium, gluten-free chicken broth
- (2) Garlic cloves, minced
- (2) Onions, cut into large chunks
- (2 lbs.) Carrots, chopped into large chunks
- (2 lbs.) Potatoes, peeled and cut into large chunks
- (½ cup) Fresh parsley, chopped (optional)
- Salt & pepper to taste

Super-filling, easy recipe that gets even veggie haters to eat their vegetables. Low-carb, low-fat, gluten and soy-free, it's good for your weight and waist line!

Serves: 4

Prep time: 10 minutes

Directions:

- Brown chicken over medium heat. I do this right in the slow cooker, adding a splash of chicken broth.
- Add into slow cooker, ¼ of potatoes, onions, & carrots. Repeat layers until all ingredients are used.
- Sprinkle garlic, salt, & pepper on top.
- Pour broth over all ingredients.
- Cook on high for 2-3 hours, or low for 4-6 hours.

Cooking times will vary depending on extra ingredients and your slow cooker. Add more broth if needed.

Wanna make it extra special for a holiday or weekend upzigt meal? Add ½ lb. uncured, nitrite-free turkey bacon and/or turkey sausage.

This is one of the most popular tailgate/church supper requests I get that everyone loves. Sssshhhh, don't tell them it's healthy... they will never know!