

Herbed Artichoke Chicken with Capers

PREP TIME:

10 minutes

COOKING TIME:

slow cooker

LOW: 6-7 hours

or

HIGH: 2 1/2 / 3 hours

SERVES:

4-6

INGREDIENTS:

2 tbsp olive oil

2 tbsp flour

2 lbs chicken thighs, boneless, skinless

2 tsp / 4 small cloves garlic, minced

1 packet Coq au Vin

1/2 cup capers

1 cup artichokes, packed in olive oil

1/2 cup chicken broth

***serve with olive oil, sea salt, rosemary
roasted potatoes***

1 1/2 - 2 lbs baby red or white potatoes,
halved

2 tbsp olive oil

salt, pepper, fresh rosemary

PREPARE:

heat oil in a sauté pan

in a small bowl coat the chicken pieces with the flour, add to the pan and brown for 3 minutes each side, transfer chicken to the slow cooker with the remaining flour

stir in the garlic, Coq au Vin blend, capers, artichokes and chicken broth

stir, cover and cook on LOW: 6-7 hrs, HIGH: 2 1/2 - 3 hrs

toss the potatoes in the olive oil salt, pepper and rosemary and lay in a single layer on a sheetpan

roast potatoes at 425 degrees for 45 minutes, turning once

