

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Slow Cooked Garlic Chicken

From www.app.realplans.com

Serves 4

3 pounds chicken thighs, bone-in skinless
1 onion
1 head garlic
2 tablespoons butter
2 sprigs fresh thyme
3 bay leaves
1 tablespoon coarse sea salt
1/2 teaspoon fresh ground black pepper
1/2 cup white wine
1 teaspoon apple cider vinegar
1 tablespoon arrowroot powder
2 tablespoons water

1. If chicken thighs have skin on, remove and discard.
2. Place chicken in slow cooker.
3. Chop the onion. Break head of garlic into whole cloves, and peel.
4. Add butter, onion, garlic, thyme, bay leaves, sea salt, and black pepper to a frying pan and sauté until the onions and garlic begin to soften and slightly brown.
5. Pour in the white wine and apple cider vinegar and gently scrape any browned bits off the bottom of the pan.
6. Transfer the contents of the pan to the slow cooker and cook on low for 3-4 hours until chicken is cooked through.
7. Transfer chicken from slow cooker to a serving plate, leaving sauce in the slow cooker. Discard bay leaves and thyme, and turn slow cooker to high.
8. Mix arrowroot powder with filtered water and gently pour arrowroot/water mixture into the braising liquid and stir until thickened.
9. Spoon sauce and garlic cloves over chicken and serve.