

# Chicken and Beans Cassoulet

Courtesy of Carole's Creations

Prep Time: 25 minutes

Slow Cooker: 4-5 hours on high or 8-10 on low

Serves: 8

**CChints:** This recipe is written to save you time on a busy morning by doing most of the prep the night before and add it all to the slow cooker with a few more ingredients in the morning. Note: You can save a little money by buying chicken with the skin on and remove the skin yourself but it is time consuming.

\* In the South, they never throw away bacon drippings. What you don't use can be stored in a sealable jar in the refrigerator for up to 6 months and used to season other items like green beans, leafy vegetables, fried eggs and heated and mixed with olive oil for a bacon dressing.



3 slices hickory smoked bacon, chopped  
2 tablespoons bacon drippings  
2-3 pounds skinless chicken legs and thighs  
1 teaspoon salt and 1/2 teaspoon pepper  
1 cup minced yellow onion  
1/4 cup chopped garlic, fresh or from a jar  
1 cup celery, diced  
1/2 cup carrots, diced  
1 teaspoon dry oregano  
1 teaspoon dry thyme  
3 cups frozen beans and snaps or black-eyed peas, thawed  
8 ounce package (1-1/2 – 2 cups) sliced cremini mushrooms  
14.5 ounce can diced tomatoes with some flavoring added like garlic and onions  
14 ounce can low sodium, reduced fat chicken broth  
2 teaspoons Carole's Seasoning (see recipe below)  
1 bay leaf

Serve with sliced crusty bread, like a sliced baguette or other type or 4 servings of cooked brown or whole grain rice.

This is written as if you were doing most of the prep the day before. If you are making this the day of, you can follow the steps but leave out the refrigerated storage part because you will be adding the items to the cooker and starting your slow cooking time now.

Cook the bacon in a nonstick skillet of medium heat until crisp. Remove and drain the bacon on paper towels. Reserve 2 tablespoons of the bacon dripping in a separate container and throw away or save the rest \*.

While the bacon is cooking you can start to clean the chicken. Rinse the chicken and cut off any excess fat. Put them in a sealable bag and place them in the refrigerator.

Chop the onions through dried thyme and place them in a separate sealable bag. Put in the refrigerator next to the chicken and the container of mushrooms. Measure the beans and put them in a sealable bag to thaw in the refrigerator overnight.

Set out the cans of tomatoes and chicken broth by the slow cooker. Set the jar of Carole's Seasoning, bay leaves and the measuring teaspoon out too so you are ready to open and add them in the morning.

The day of, gather all your bags and bowls from the refrigerator. Add 1 tablespoon of bacon drippings that are now jelled to the bottom of your slow cooker and add the chicken. Sprinkle with half of the salt and pepper. Add the other tablespoon of bacon drippings, tomatoes and chicken broth. Place the lid on and set the cooker to your desired setting.

When you are just about ready to eat you will want to prepare the rice. Read the package directions because it could take from 5 – 25 minutes to prepare.

While the rice is cooking, gently remove the chicken with bones from the pan. Place on a plate or work surface. The meat should fall off the bones. Discard the bones and shred the meat. Stir through the mixture in the cooker to be sure you have found all the bones, then add the meat back in and stir again.

Spoon into soup bowls and serve over rice with crusty bread.

Carole's Seasoning blend:

- 1 Tablespoon + 1 teaspoon smoked paprika
- 1 Tablespoon chili powder
- 1 Tablespoon onion powder
- 1 Tablespoon dried oregano
- 1 Tablespoon garlic powder
- 1 Tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon cumin
- 1 teaspoon dried thyme
- 1 teaspoon dried basil

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location. Herbs will last long in a dark area. Makes about 1/3 cup. Can be used in a variety of recipes.