

Slow Cooked Lime Chicken

Courtesy of Carole's Creations

Prep Time: 10 minutes

Slow Cooker Time: 5-6 hours on high, 8 hours on low

Cooking time: Rice 5 – 25 minutes

Serves: 4

CChints: This is a fast and yummy way to have dinner on the table at the end of the day. The only thing you need to do is make rice and serve. The time it takes depends on the rice you select. Prepare the rice according to package directions.



1 cup yellow onion, chopped

1 cup celery, chopped

1 cup carrots, sliced

2-3 pounds skinless chicken thighs w/bone with the excess fat removed

Salt and pepper to taste

8 ounce package sliced white mushrooms

14 ounce can diced tomatoes, drained

8 ounce can tomato sauce

1/4 cup fresh lime juice, about 2 limes

small can of green chilies (use all of 1/2 depending on your taste)

2 glove minced garlic, fresh or from a jar

4 servings brown, multi-grain rice or yellow saffron rice

optional garnish : 1 cup reduce fat sour cream

1 diced avocado

Lay the onions, celery and carrots in the bottom of the slow cooker. Add with the chicken and sprinkle with salt and pepper and top with the sliced mushrooms. Cover with the lid and set the heat setting and time to the desired cooking time shown above.

In a small mixing bowl, combine the diced tomatoes through garlic and stir well. Pour over the chicken. Cover and slow cook.

Before serving prepare rice. Cut the avocado right before serving because they tend to turn brown when exposed to the air. To cut the avocado, run a sharp knife lengthwise around the fruit. Gently pull apart to reveal a large round seed. Using your knife, tap the seed with the blade so that it just sticks in it. Gently turn the knife and the seed will pop out. Take one half at a time and slice the flesh in 3 equal sliced lengthwise and turn it sideways and make 4-5 slices. Use a spoon to lift out the flesh and it will come out already cut into pieces

Put rice on the plates and top with a piece or 2 of chicken. The chicken will be so tender your can easily remove and discard the bone, if your wish. Reach down to get some vegetables off the bottom and stir it into the tomato mixture. Spoon the mixture over the chicken and top with the optional sour cream and avocado.

Enjoy!