

Foodnity Recipes

Cream Cheese Crock Pot Chicken

15 min Prep time	**4 h** Cook time	**4 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts, cut into 1-inch pieces
- [ ] 8 oz cream cheese, softened
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tbsp butter
- [ ] 1 medium onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp lemon juice
- [ ] 2 tbsp fresh parsley, chopped
- [ ] Salt and pepper to taste

Optional Add-ins

- [ ] ¼ cup grated Parmesan cheese for extra depth
- [ ] ½ tsp red pepper flakes for a hint of heat

Instructions

1. Season the chicken pieces with salt and pepper, then set aside.
2. In a skillet, melt butter over medium heat, sauté onion until translucent, then add garlic and cook another minute.
3. Transfer the onion-garlic mixture to the crock pot. Add the chicken pieces, pour in the broth, and stir gently.
4. Cut the softened cream cheese into cubes and scatter them over the top. Cover and cook on low for 4-5 hours, or until chicken is tender.
5. Stir the sauce well; it should be creamy and smooth. Add lemon juice, parsley, and any optional add-ins. Adjust seasoning if needed.
6. Serve hot over rice or noodles, and enjoy the comforting, buttery flavor.

Nutrition per serving

420 kcal	38 g	8 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too much, thin it with a splash of extra broth or warm water.
- For a richer flavor, add a tablespoon of grated Parmesan during the last 30 minutes.
- Leftovers keep well refrigerated for up to 3 days.