

Foodnity Recipes

Crockpot Tuscan Garlic Chicken

15 min Prep time	**6 h** Cook time	**6 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Italian** Cuisine

Ingredients

Main Ingredients

- [ ] 4 bone-in, skinless chicken thighs
- [ ] 1 cup sun-dried tomatoes, halved
- [ ] 4 cloves garlic, minced
- [ ] 1 cup heavy cream
- [ ] 1 cup low-sodium chicken broth
- [ ] 2 tbsp olive oil
- [ ] 1 tsp dried oregano
- [ ] 1 tsp dried thyme
- [ ] Juice of 1 lemon
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh basil leaves, torn

Instructions

1. Season the chicken thighs with salt, pepper, oregano, and thyme; then brown them in a skillet with olive oil until golden on both sides.
2. Transfer the browned thighs to the crockpot, then add minced garlic, sun-dried tomatoes, and chicken broth.
3. Cover and cook on low for 6 hours, letting the aromas meld and the meat become tender.
4. About 15 minutes before serving, stir in the heavy cream and lemon juice; let it warm through without boiling.
5. Garnish with fresh basil, taste for seasoning, and serve hot over rice or polenta.

Nutrition per serving

420 kcal	34 g	8 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thicker sauce, mix 1 tsp cornstarch with cold water and stir it in during the last 10 minutes.
- For an extra herb punch, add a handful of chopped parsley just before serving.
- A pinch of nutmeg in the cream adds a subtle warmth that complements the garlic.