



Crock-Pot

the Cookbook

Presented by the Junior League of High Point

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Pot Roast

INGREDIENTS

4 pounds chuck roast

Salt and pepper

Packet of dry onion soup mix

1 cup of water

3 carrots, chopped

1 onion, chopped

3 potatoes, peeled and chopped

1 celery stalk chopped

DIRECTIONS

Season the roast with salt and pepper to taste.

Place the roast in the slow cooker and add the soup mix, water, carrots, onion, potatoes, and celery.

Cover and cook on low for 8 to 10 hours.

NOTES

Source: *Allrecipes.com*

Quick Chicken

INGREDIENTS

3 boneless, skinless
chicken breast halves

1 (12 oz.) jar turkey gravy

1/2 tsps. paprika

1/2 teaspoon salt-free herb
seasoning blend

1 teaspoon soy sauce

DIRECTIONS

Place chicken and gravy into a slow cooker. Season with paprika, seasoning blend and soy sauce.

Cook on high for 4 hours or low for 6 to 8 hours.

Tear chicken into pieces.

Serve over rice, noodles or potatoes.

NOTES

Source: *skinnytaste.com*

White Chili Chicken

INGREDIENTS

1 1/4 pounds boneless, skinless chicken breasts (about 2-3 breasts)

4 cups (32 ounces) low sodium chicken broth

2 (15-ounce) cans reduced sodium white beans, such as white kidney beans, cannellini or Great Northern beans, rinsed and drained

2 (4.5-ounce) cans diced green chiles

3 cloves minced garlic

1 small (or 1/2 large) yellow onion, finely diced

2 teaspoons ground cumin

1 teaspoon dried oregano

1/2 teaspoon kosher salt

1/4 teaspoon cayenne pepper

DIRECTIONS

Place chicken in the crockpot. Add all other main ingredients and stir to combine. Cook on low for 4-6 hours or high for 2-4. Once cooked, remove the chicken to shred then add back to the crockpot. Stir until well mixed.

NOTES

Optional toppings: cilantro, fresh lime wedge, sour cream or greek yogurt, shredded cheese, crushed tortilla chips

Tex Mex Sloppy Joes

INGREDIENTS

1 can (16 oz) spicy chili beans in sauce, undrained

1 lb. extra-lean (at least 95%) ground beef

1 cup chopped green pepper

1 cup chopped red bell pepper

1 cup chopped onion

1 jalapeño chile, seeded, diced

¼ cup ketchup

1 teaspoon chili powder

¼ teaspoon pepper

2 teaspoons fresh lime juice

8 whole wheat burger buns

DIRECTIONS

Spray 3 1/2- to 4-quart slow cooker with cooking spray; set aside. Pour chili beans into medium bowl. With potato masher or fork, mash about half of the beans; set aside.

In 12-inch skillet, cook beef, green and red bell peppers, onion and jalapeño chile over medium heat 8 to 10 minutes, stirring occasionally, until beef is brown; drain.

Pour beef mixture into slow cooker. Add beans, ketchup, chili powder and pepper. Stir to thoroughly combine. Cover; cook on low for 2 1/2 to 3 hours or until heated through (165°F). Stir in lime juice.

Divide beef mixture among buns (about 1/2 cup each). Serve immediately.

NOTES

Source: *Betty Crocker, Heart Healthy Recipes*

BBQ Chicken

INGREDIENTS

2 lbs. boneless, skinless chicken breasts

1 cup BBQ sauce

1/4 cup Zesty Italian dressing

1/4 cup brown sugar

1 tbsp. Worcestershire sauce

Salt to taste

DIRECTIONS

Season chicken breast lightly (*a small pinch per breast*) with some sea salt and place in your crockpot.

In a mixing bowl combine BBQ sauce, Italian dressing, brown sugar and Worcestershire sauce. Stir until well combined.

Pour over chicken, cover and cook on high for 3-4 hours

Once time is up, you can serve the breast whole, or shred with 2 forks. If shredding, recover and let cook in sauce for about 10-15 more minutes to soak up all that delish flavor.

Serve on buns, over rice, in wraps, on a salad or eat a plateful as is! Our favorite way is on fresh rolls, topped with coleslaw.

NOTES

Source: *familyfreshmeals.com*

Macaroni & Cheese

INGREDIENTS

2 cups uncooked elbow macaroni

4 tablespoons salted butter, cubed

3 cups cheddar cheese, shredded

3 eggs, beaten

1/2 cup light sour cream

1 (10 3/4-ounce) can condensed Cheddar cheese soup

1/2 cup heavy cream

1/2 cup milk

1/2 teaspoon dry mustard

Salt and pepper to taste

DIRECTIONS

Bring a 2-quart saucepan of water to a boil. Add the pasta and cook for 7 minutes, or until tender. Set aside.

Return the saucepan to the heat and melt butter and shredded cheese until cheese melts.

Combine melted cheese, eggs, sour cream, soup, cream, milk, mustard, and salt and pepper in a slow cooker. Stir in the macaroni and give the entire mixture a couple stirs.

Cook on low for 3 hours.

NOTES

Source: *thecookierookie.com*

Tator Tot Casserole

INGREDIENTS

32 ounce bag tater tots
1 pound ground beef
2 cans (10 3/4 ounce each)
cream of mushroom soup
1 small onion diced
2 cans (14.5 ounces each)
green beans
1/2 cup milk
Salt and pepper
2 cups grated cheddar
cheese

DIRECTIONS

Brown ground beef in a skillet with onion, and season with salt and pepper to taste.

Add the cans of cream of mushroom soup, and milk, stir to combine.

Fold in green beans to meat mixture.

Spray your slow cooker with non-stick cooking spray

Place entire bag of tater tots on the bottom of your slow cooker

Pour the meat mixture over the tots.

Cook on low for 4 to 5 hours

Add cheese to top, and unplug slow cooker.

Let set for 5-10 minutes before serving.

NOTES

Source: *themagicalslowcooker.com*

Baked Spaghetti

INGREDIENTS

2 (24-oz.) jars RAGÚ®
Homestyle Thick &
Hearty Traditional Sauce

1.5 lbs. ground beef

½ cup diced white onion

1 minced garlic clove

¼ tsp. salt

1 tsp. dried oregano

1 tsp. dried basil

1 lb. spaghetti noodles (see
below for cooking
instructions, these don't
get cooked or added until
after the sauce cooks for 6
hours)

For topping

4 ounces cream cheese (1/2
cup)

1 cup ricotta

¼ tsp. salt

2 cups shredded
mozzarella cheese

DIRECTIONS

Pour the jars of Ragu in to the slow cooker. In a large skillet set over medium-high heat, brown the meat and onions together. After the meat is browned add the garlic, cook for a minute a longer. Drain the fat. Add the salt, oregano and basil and stir. Pour the meat onto the sauce in the slow cooker and stir.

Cover and cook on low for 6 hours without opening the lid during the cooking time.

After the cooking time is up, cook the noodles as directed on the package in boiling water on the stove-top. I cooked my noodles for exactly 8 minutes after adding them to the boiling water. The noodles will cook a bit more after adding them to the slow cooker.

Drain the noodles and add them to the meat sauce in the slow cooker. Stir, then flatten the noodles in an even layer.

In a small bowl combine the cream cheese, ricotta and salt. The cream cheese will be in small chunks, but that is fine.

Dollop the cream cheese/ricotta mixture over the spaghetti, then use a spatula to even it out over the spaghetti. Add the mozzarella cheese.

Cover and cook for an extra 20 minutes on low.

NOTES

Source: *themagicalslowcooker.com*

Chicken, Potatoes & Green Beans

INGREDIENTS

1.5- 2lbs Boneless Skinless
Chicken Breasts

½ lb. fresh green beans,
trimmed (about 2.5 cups)

1.25 lb. diced red potatoes
(about 4 cups)

½ cup FRESH lemon juice

¼ cup olive oil

1 tsp. dried oregano

1 tsp. salt

¼ tsp. pepper

¼ tsp. onion powder

2 garlic cloves, minced

DIRECTIONS

Start by placing the chicken in a 6-quart slow cooker, in the center. Next add the green beans on one side. Then for the potatoes, you will need to mound them high off to the other side.

In a medium sized bowl, whisk together the lemon juice, olive oil, oregano, salt, pepper, onion powder and garlic cloves.

Pour this mixture evenly over the chicken, green beans and potatoes.

Cover and cook on high for 4 hours, without opening the lid during the cooking time.

NOTES

Fresh squeezed lemons will give you the best taste.

Source: *themagicalslowcooker.com*

Salsa Verde Chicken

INGREDIENTS

6 boneless, skinless
chicken breasts

2 cups salsa verde

1.5 cups chicken broth

2 teaspoons cumin

Salt and black pepper

(Optional: 1 jalapeno, stem
removed and diced,
leaving the seeds in for
extra heat if desired)

DIRECTIONS

Add chicken to the slow cooker. Top with salsa verde and chicken broth. Then sprinkle with cumin and season with a few generous pinches of salt and a pinch of pepper. Use a pair of tongs or a spoon to turn the chicken so that both sides are coated. Cover. Cook for 3-4 hours on high heat, or 7-8 hours on low heat.

The chicken is ready when it easily shreds with a fork. Shred the chicken in the slow cooker, and toss with the juices. Then remove the chicken with a slotted spoon and serve warm.

NOTES

Source: *gimmesomeoven.com*

Tomato Basil Soup

INGREDIENTS

1 medium onion, diced
3 Tbsp. olive oil
1/3 cup all-purpose flour
1 Tbsp. dried basil (*or about 1/4 cup fresh*)
1 tsp. oregano
1 Tbsp. caramelized tomato paste**
2 (28 oz.) can crushed tomatoes
4 cups chicken broth *or* 4 cups water + 4 tsp. chicken bouillon granules
1 Tbsp. honey
1 tsp. salt
1 cup heavy cream, warmed
1/4 cup finely chopped fresh Italian parsley
Salt and pepper to taste
Grated mozzarella or Parmesan cheese

DIRECTIONS

Add diced onion, olive oil, flour, basil and oregano to a microwave-safe bowl. Give a little stir. Microwave for about 5 minutes (stir every 90 seconds). Transfer to slow cooker.

Add in tomato paste, crushed tomatoes, broth, honey and salt.

Stir a bit and cover. Cook on low for about 5-7 hours or on high for about 3-4.

Remove lid and turn to high.

Ladle into bowls and top with cheese. Serve with warm rolls or bread.

NOTES

Source: 365daysofcrockpot.com

Squash & Cornbread Casserole

INGREDIENTS

1 can (10 3/4 oz.)
condensed cream of
mushroom soup

1 container (8 oz.) sour
cream

1 1/2 lb. yellow squash, cut
into 1/2-inch slices

1 cup chopped onion (1
large)

1 cup shredded carrot

1 can (11 oz.) extra sweet
corn, drained

1 1/2 cups cornbread
stuffing mix

1/4 cup butter or margarine,
melted

2 teaspoons dried sage
leaves

DIRECTIONS

Spray slow cooker with cooking spray. In large bowl, stir soup and sour cream. Add squash, onion, carrot and corn; stir gently to coat. Spoon mixture into slow cooker.

In medium bowl, toss stuffing mix, melted butter and sage. Sprinkle over vegetable mixture.

Cover; cook on low heat setting 5 hours. Uncover; let stand 10 minutes before serving.

NOTES

Source: *bettycrocker.com*

Beef & Broccoli

INGREDIENTS

1 lb. boneless, beef chuck roast, sliced into strips

1 cup beef broth

1/2 cup low sodium soy sauce

1/3 cup brown sugar

1 tbsp. sesame oil

4 garlic cloves, minced

3 tbsp. water

3 tbsp. cornstarch

Frozen broccoli florets (approximately 2 cups, or however many floats your boat)

White rice, cooked

DIRECTIONS

In the slow cooker, whisk together beef broth, soy sauce, brown sugar, sesame oil, and garlic.

Add the beef slices to the liquid and toss to coat.

Cover and cook on low, 6 hours.

After the 6 hours, combine water and cornstarch, and stir until smooth. Pour into slow cooker and mix well.

Add the broccoli, toss to coat, and cook on low for an additional 30 minutes to thicken up the sauce.

Serve hot over white rice.

NOTES

Source: *funnyisfamily.com*

French Dip Subs

INGREDIENTS

2.5 lb. chuck roast (or any cut of roast)

1 packet dry onion soup mix

1 can of beef broth

Sliced or shredded cheese (mozzarella, provolone, or swiss work great)

6 sub rolls

DIRECTIONS

Put the roast in the Crock Pot, cover with dry onion soup mix, and pour beef broth over the top.

Cook on low for 8 hours for the best results. It is not recommended to modify the recipe and cook on high for 4 hours.

Before serving, transfer beef to a cutting board, let it cool a minute so you don't burn your poor little fingers, and shred it.

Add generous portions to the rolls, top with cheese, and serve with the au jus on the side. If you are heavy dippers like us, you'll need lots of au jus. It's that good.

NOTES

Source: *funnyisfamily.com*

Roasted Turkey Breast

INGREDIENTS

1 5-6 lb. turkey breast,
bone in, skin on

1 cup chicken stock

Rub

2 tsp. Mrs. Dash

2 tsp. sea salt

1 tsp. garlic powder

1 tsp. smoked paprika

1 tsp. dry mustard

½ tsp. black pepper

DIRECTIONS

Combine rub ingredients in a small bowl.

Cover turkey breast with rub, making sure to get some inside the cavity. I like to sneak some under the skin if I can.

Place turkey, breast side up, in the slow cooker, along with the chicken stock.

Cover and cook on low for 6-7 hours, or until a meat thermometer inserted into the thickest part of the breast reads 170 degrees.

If desired, place turkey breast into the oven, under the broiler, for a few minutes to crisp the skin.

The liquid left in the slow cooker makes incredible gravy.

NOTES

Source: *funnyisfamily.com*

Chicken Pot Pie

INGREDIENTS

4 small to medium yellow potatoes

1 lb. boneless, skinless chicken thighs (or chicken breasts)

Salt and Pepper

1½ cups cream of chicken soup

1 (12 oz.) package of frozen peas and carrots

8 biscuits

DIRECTIONS

Wash the potatoes and cut into cubes. Place in the bottom of the slow cooker.

Cut the chicken into cubes. Place into the slow cooker on top of the chicken.

Salt and pepper the chicken generously.

Spoon the cream of chicken soup on top of the chicken.

Cover the slow cooker and cook on low 4-6 hours, or until potatoes are tender and chicken is cooked through.

Add in the frozen peas and carrots and stir. Turn the slow cooker hot and cook until the peas and carrots are warmed.

Salt and pepper to taste.

Serve chicken, sauce and veggies in a bowl and top with a biscuit.

NOTES

Source: *365daysofcrockpot.com*

Tuna Casserole

INGREDIENTS

4 cups egg noodles,
uncooked

1- 10 3/4oz can condensed
cream of mushroom soup

1/4 cup water

1/3 cup chopped onion

2-12oz cans of tuna,
drained

1 cup frozen peas, thawed

DIRECTIONS

Follow pasta package directions to cook pasta.

Drain pasta.

Spray inside of slow cooker with non-stick cooking spray.

Place soup and water in slow cooker.

Pour cooked, drained pasta in slow cooker in the first layer; add onion for the next layer; add tuna for the third layer; and add thawed frozen peas for the top layer.

Cover and cook on high 1 1/2 to 2 hours to heat through.

NOTES

Source: *Junior League of Sarasota*

Tortellini Soup

INGREDIENTS

1 package of cheese
tortellini

2 cups of fresh spinach

1 box of low-sodium
chicken broth

2 cans of Italian diced
tomatoes

1 block of low-fat cream
cheese

DIRECTIONS

Pour all of the ingredients into your slow cooker.

Cover and cook on low for 4 hours.

NOTES

Source: *Pinterest*

Fajitas

INGREDIENTS

2lbs (32 oz.) beef, sliced
(can substitute chicken,
ground turkey or pork)

1-2 bell peppers, sliced

1 onion, sliced

1-20oz can of salsa

2 tablespoons fajita
seasoning

DIRECTIONS

Add salsa to bottom of the slow cooker.

Add beef, onion, bell pepper and fajita seasoning.

Stir to mix well.

Cook low 6-8 hour or on high 3-4 hours.

NOTES

Top with tortillas, sour cream or plain Greek yogurt, shredded cheese, green onions.

Creamy Beef Stroganoff

INGREDIENTS

2 cans Campbell's®
Condensed Cream of
Mushroom Soup

1/4 cup Swanson® Beef
Broth or Swanson® Beef
Stock

3 tablespoons
Worcestershire sauce

3 cloves garlic, minced

1/2 teaspoon ground black
pepper

12 ounces white
mushrooms, sliced
(about 4 cups)

3 medium onion, coarsely
chopped (about 1 1/2 cups)

2 pounds boneless beef
round steak, cut into thin
strips

½ cup sour cream

12 ounces (about 7 cups)
medium egg noodles,
cooked and drained

1 tablespoon chopped
fresh parsley (optional)

DIRECTIONS

Stir the soup, broth, Worcestershire, garlic and black pepper in a medium bowl.

Place the mushrooms and onions into a 6-quart slow cooker. Top with the beef. Pour the soup mixture over the beef.

Cover and cook on low for 8 to 9 hours or until the beef is fork-tender. Stir the sour cream in the cooker. Serve the beef mixture with the noodles. Sprinkle with the parsley, if desired.

NOTES

Source: *allrecipes.com*

Buffalo Chicken Lettuce Wrap

INGREDIENTS

For the chicken:

24 oz. boneless skinless chicken breast

1 celery stalk

1/2 onion, diced

1 clove garlic

16 oz. fat free low sodium chicken broth

1/2 cup hot cayenne pepper sauce (I used Frank's)

For the wraps:

6 large lettuce leaves, Bibb or Iceberg

1 1/2 cups shredded carrots

2 large celery stalks, cut into 2 inch matchsticks

DIRECTIONS

In a slow cooker, combine chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough). Cover and cook on high for 4 hours.

Remove the chicken from pot, reserve 1/2 cup broth and discard the rest. Shred the chicken with two forks, return to the slow cooker with the 1/2 cup broth and the hot sauce and set to on high for an additional 30 minutes. Makes 3 cups of chicken.

To prepare lettuce cups, place 1/2 cup buffalo chicken in each leaf, top with 1/4 cup shredded carrots, celery and dressing of your choice. Wrap up and start eating!

NOTES

Source: *skinnytaste.com*

Quick Lasagna

INGREDIENTS

1/4lb extra-lean ground beef
1-8oz package broad egg noodles
1 cup fat free cottage cheese
1/2 cup shredded low fat mozzarella cheese
2 1/2 cups tomato sauce

DIRECTIONS

Brown ground beef in a nonstick skillet.
Set aside.
Cook noodles and drain.
Toss together with both cheeses.
Mix together browned beef and tomato sauce.
Spoon 1/3 of the meat sauce into the bottom of slow cooker.
Layer in half of the noodles.
Repeat the layers.
Cover and cook on low for 5-6 hours.

NOTES

Source: *Junior League of Sarasota*

Pulled Pork

INGREDIENTS

2 medium yellow onions,
thinly sliced

4 medium garlic cloves,
thinly sliced

1 cup chicken stock or low-
sodium chicken broth

1 tablespoon packed dark
brown sugar

1 tablespoon chili powder

1 tablespoon kosher salt,
plus more as needed

1/2 teaspoon ground
cumin

1/4 teaspoon ground
cinnamon

1 (4-1/2- to 5-pound)
boneless or bone-in pork
shoulder (also known as
pork butt), twine or
netting removed

2 cups barbecue sauce
(optional)

DIRECTIONS

Place the onions and garlic in an even layer in the slow cooker and pour in the stock or broth. Combine the sugar, chili powder, measured salt, cumin, and cinnamon in a small bowl. Pat the pork dry with paper towels. Rub the spice mixture all over the pork and place the meat on top of the onions and garlic. Cover and cook until the pork is fork tender, about 6 to 8 hours on high or 8 to 10 hours on low.

Turn off the slow cooker and remove the pork to a cutting board. Set a fine-mesh strainer over a medium heatproof bowl. Pour the onion mixture from the slow cooker through the strainer and return the solids to the slow cooker. Set the strained liquid aside.

If the pork has a bone, remove and discard it. Using 2 forks, shred the meat into bite-sized pieces, discarding any large pieces of fat. Return the shredded meat to the slow cooker, add the barbecue sauce, if using, and mix to combine. If you're not using barbecue sauce, use a spoon to skim and discard the fat from the surface of the strained cooking liquid, and then add 1/4 cup of the liquid at a time to the slow cooker until the pork is just moistened. Taste and season with salt as needed.

NOTES

Source: *chowhound.com*

Balsamic Pork Roast

INGREDIENTS

2 pound boneless pork shoulder roast (sirloin roast)

Kosher salt, to taste

1/2 tsp. garlic powder

½ teaspoon red pepper flakes

1/3 cup chicken or vegetable broth

1/3 cup balsamic vinegar

1 tablespoon Worcestershire sauce

1 tablespoon honey

DIRECTIONS

Season the pork with salt, garlic powder and red pepper flakes and place it into the slow cooker.

Mix together the broth, vinegar and Worcestershire sauce and pour it over the pork, then pour the honey over and set the timer for 4 hours on high or 6-8 hours on low.

Once the pork is cooked and tender (it should shred easily with a fork), remove from slow cooker with tongs into a serving dish.

Break apart lightly with two forks and put back into the slow cooker.

Ladle 1/2-cup sauce over the pork and keep warm until ready to eat.

NOTES

Source: *skinnytaste.com*

Fiesta Chicken

INGREDIENTS

4 chicken breast halves

2 15-oz cans black beans,
undrained

2 15-oz cans Rotel (HT has
an organic version)

1 cup salsa

1 4-oz can chopped green
chiles

DIRECTIONS

Combine all ingredients in a slow cooker. Cook on low for 8 hours.

Just before serving, stir to break up the chicken - it should shred pretty easily. Top with cheese, sour cream, avocado, or chips.

Simple Shredded Pork Tacos

INGREDIENTS

2 pounds boundless pork roast

1 cup salsa

1 can (4 ounces) chopped green chilies

½ teaspoon garlic salt

½ teaspoon black pepper

Flour or corn tortillas

Optional toppings: salsa, sour cream, diced tomatoes, shredded cheese, shredded lettuce

DIRECTIONS

Place roast, salsa, chilies, garlic salt and pepper in Crock-Pot.

Cover; cook on low 8 hours, or until meat is tender.

Remove pork from Crock-Pot; shred with 2 forks.

Serve on flour tortillas with sauce.

Top as desired.

NOTES

Source: *Crock-Pot Best Loved Recipes*

P a r m e s a n C h i c k e n

INGREDIENTS

8 ounces mushrooms,
sliced

1 medium onion, cut into
thin wedges

1 tablespoon olive oil

4 boneless chicken breasts

1 jar (26 ounces) pasta
sauce

½ teaspoon dried oregano

1 bay leaf

½ cup (2 ounces) shredded
part-skin mozzarella
cheese

¼ cup grated Parmesan
cheese

Hot cooked spaghetti

DIRECTIONS

Place mushrooms and onion in Crock-Pot.

Heat oil in large skillet over medium-high heat until hot. Lightly brown chicken on both sides. Place chicken in Crock-Pot.

Pour pasta sauce over chicken; add basil, oregano, and bay leaf.

Cover; cook on low 6 to 7 hours or on high 3 to 4 hours, or until chicken is tender. Remove and discard bay leaf.

Sprinkle chicken with cheeses. Cook, uncovered, on low 15 to 30 minutes or until cheeses have melted.

Serve over spaghetti.

NOTES

Dairy products should be added at the end of the cooking time because they will curdle if cooked in the Crock-Pot for a long time.

Source: *Crock-Pot Best Loved Recipes*

Spicy Coconut Chicken Drumsticks

INGREDIENTS

1 (14 oz) can coconut milk
1 tsp dried basil
2 Tbsp Sriracha
1 Tbsp garlic thai chili paste
1 Tbsp soy sauce
1 cup diced onions (I used a yellow onion)
1/2 cup chopped cilantro, plus more for serving
3-4 lbs of chicken drumsticks (I put 10 in my slow cooker)

DIRECTIONS

Combine basil, coconut milk, Sriracha, garlic Thai chili paste, soy sauce, onion and cilantro in the slow cooker. Stir.

Using a double layer of paper towels pull the skin off of the chicken legs. Add the now skinless chicken legs into the slow cooker. Nestle them into the sauce.

Cover the slow cooker and cook on low for 6-8 hours, Chicken will be very tender.

Serve the chicken and sauce over rice and top with extra cilantro.

NOTES

Source: *365daysofcrockpot.com*

