

Crock-Pot Onion Chicken

Recipe By *Reva (Blander) Yaffe*



Cooking and Prep:  8 h

Serves:  5

Contains:  

Preference: Meat

Simple, easy and delicious chicken dinner. Put up in the morning and come

Difficulty: Easy

home to a hot ready-to-eat meal.

Diet: No Refined Sugar

Ingredients (12)

Main ingredients

- 2–3 carrots, chunked
- 4–6 chicken bottoms
- 4 cloves garlic, crushed, or 4 cubes **Gefen Frozen Garlic**
- 3 teaspoons garlic powder
- 3 tablespoons mustard
- 3 teaspoons onion powder
- 2 onions (white or purple), sliced
- 1/2 – 1 teaspoon pepper

- 3–4 potatoes, chunked
 - 3 teaspoons salt
 - 3 tablespoons Gefen Soy Sauce
 - 1/2 cup Baron Herzog Chenin Blanc or other white wine
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Start Cooking

Make the Chicken

1. Spray the bottom of the crock pot with oil and add the potatoes, carrots, onions and garlic
2. Add the chicken on top and sprinkle with the salt, garlic, onion and pepper.
3. Pour over the wine, soy sauce and mustard.
4. Cover and turn on warm.
5. Allow to cook for 7-9 hours.