

Helergon Kitchen

Slow Cooker Chicken Breasts – Easy Weeknight Dinner

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

Ingredients

Main Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 1¾ inches thick)
- [ ] 1 cup low-fat chicken broth
- [ ] 1 tablespoon extra-virgin olive oil
- [ ] 1 tablespoon fresh lemon juice

Seasoning Mix

- [ ] 2 teaspoons dried Italian seasoning
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1 teaspoon smoked paprika
- [ ] ½ teaspoon kosher salt
- [ ] ¼ teaspoon freshly ground black pepper

Optional Add-ins

- [ ] 1 cup sliced carrots
- [ ] 1 cup sliced potatoes

Instructions

1. First, pat the chicken breasts dry with some paper towels. In a small bowl, go ahead and stir together the kosher salt, freshly ground black pepper, garlic powder, onion powder, smoked paprika, and dried Italian seasoning until it's all mixed.
2. Now, just gently rub that lovely seasoning mixture all over both sides of each chicken breast so they're well coated.
3. Heat your extra-virgin olive oil in a skillet over medium-high heat. Sear the breasts for about 1–2 minutes per side. Look for a light golden crust to form; honestly, this part is optional, but it just adds such a nice depth of flavor.
4. Set your slow cooker to low. Pour in the low-fat chicken broth, then carefully place the seasoned chicken breasts in a single layer, keeping them breast side up.
5. Squeeze that fresh lemon juice right over the chicken. If you're using the sliced carrots or sliced potatoes, just scatter them around the breasts in the slow cooker now.
6. Cover it up and let it cook on low for 6–7 hours, or if you're in a rush, on high for 3–4 hours. You're looking for an internal temperature of 165°F and for the meat to be tender.
7. About 30 minutes before you're finished, give the liquid and vegetables a little stir just to redistribute those flavors.

8. Carefully remove the chicken with tongs and let it rest on a cutting board for 5 minutes. Well, while it rests, you can scrape the juices into a small saucepan and reduce them if you'd like a quick gravy.

9. Go ahead and slice or shred the chicken, then you can return it to the slow cooker to coat it in the pan juices, or just serve it separately if you prefer.

10. Serve these juicy slow cooker chicken breasts over rice, mashed potatoes, or a buttery pasta, and drizzle with those extra pan juices. Wow, it's just so comforting.

Nutrition per serving

310 kcal	42 g	6 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- Searing isn't strictly required, but it really makes a difference in the final taste.
- If you prefer a richer flavor, bone-in thighs are a great alternative to breasts.
- The cooking liquid is too good to waste—use it for a sauce or gravy.