

Slow Cooker Chicken Stroganoff

Servings: 8



Ingredients

- 1 large onion, chopped
- 1.5 pounds skinless chicken thighs (cut into $\frac{3}{4}$ -inch cubes)
- 8 oz. fresh mushrooms (or 10z. frozen)
- 1 can Cream of Mushroom soup
- $\frac{1}{2}$ Tbl. garlic powder
- $\frac{1}{2}$ Tbl. fresh thyme (or $\frac{1}{2}$ tsp. ground)
- 2 Tbl. tapioca
- $\frac{1}{2}$ Tbl. mushroom or chicken bouillon
(I use the *Better Than Bouillon* brand)
- $\frac{1}{2}$ c. water
- 1c. light sour cream
- 8 oz. frozen green peas

Directions:

1. Layer onion, mushrooms then meat.
2. Mix the garlic, thyme, tapioca, bouillon, and soup with the water
3. Pour soup mixture over meat
4. Cook 4 $\frac{1}{2}$ hours on HIGH, or 10 hours on LOW
5. Turn off slow cooker
6. Mix in sour cream and peas
7. Enjoy over your choice of rice or noodles
(I use a rice cooker with rice available all the time)

Nutrition:

 (Serving size: 1 cup just stroganoff)

Calories: 236 Protein: 23g total carbohydrate: 14.5g total fat: 3.3g
sugars: 6.3g saturated fat: 3.3g sodium: 539mg dietary fiber: 2.5g

Nutrition:

 (Serving size: 1 cup stroganoff over $\frac{3}{4}$ cup rice)

Calories: 398 Protein: 27g total carbohydrate: 48g total fat: 10.4g
sugars: 6.8g saturated fat: 3.6g sodium: 546mg dietary fiber: 4.7g