

SLOW-COOKED CHICKEN & LENTILS

Yield: 4 Servings



TOTAL TIME: 3–7 hours

INGREDIENTS

- 1 pkg. chicken split breasts with ribs, drums and thighs (about 3 lbs.)
- Salt and pepper to taste
- Pan searing flour
- 1 Tbsp. pure olive oil
- 1 pkg. (8 oz.) cleaned and cut mirepoix
- 3 cloves peeled garlic, chopped
- 2 bay leaves
- 2 tsp. Herbes de Provence
- 2 cups dry white wine
- 1 carton (32 oz.) chicken culinary stock
- 1 can (28 oz.) cut roma tomatoes with basil
- 1 cup red lentils, sorted, rinsed

PREPARATION

1. Season chicken with salt and pepper. Dust with pan-searing flour; pat off excess. Heat oil in large braising pan on medium, until oil faintly smokes. Add chicken; brown, turning to brown all sides, 8–10 min. Transfer to slow cooker. Discard all but 1 Tbsp. drippings from pan.
2. Reduce heat to medium-low. Add mirepoix and garlic to braising pan; cook, stirring occasionally, 3–5 min., until garlic is lightly browned. Add bay leaves and Herbes; cook 3 min. Add wine; simmer, 3–5 min., stirring occasionally, until liquid is reduced by one-third. Add stock, tomatoes and lentils, heat to simmering.
3. Transfer to slow cooker. Cover and cook on high 3–4 hours, or low 6–7 hours.
4. Remove and discard bay leaf. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 670; Fat: 24 g (8 g saturated fat); Cholesterol: 190 mg; Carbohydrates: 46 g; Protein: 62 g; Sodium: 870 mg.

Recipe courtesy of Wegmans