

# SLOW COOKER CHICKEN AND RICE



COURSE: MAIN COURSE CUISINE: AMERICAN  
PREP TIME: 15 MINUTES COOK TIME: 2 HOURS 30 MINUTES  
TOTAL TIME: 2 HOURS 45 MINUTES SERVINGS: 6 SERVINGS  
CALORIES: 317CAL AUTHOR: [ASHLEY FEHR](#)



This Slow Cooker Chicken and Rice is easy, cheesy, and loaded with veggies, fiber and protein for a complete slow cooker dinner that the kids will love, too!

## INGREDIENTS

- 1 1/2 cups low sodium chicken broth
- 2 large carrots peeled and finely diced
- 1/2 onion finely diced
- 1/2 cup roasted red peppers chopped
- 1 teaspoon Italian seasoning
- 1 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 boneless skinless chicken breasts
- 1 cup frozen peas
- 2 cups instant brown rice
- 1/3 cup milk
- 2 cups shredded mozzarella cheese

## INSTRUCTIONS

1. In a 3-4 quart slow cooker, stir together the broth, carrots, onion, red peppers, Italian seasoning, garlic, salt and pepper.
2. Add chicken breasts, and cover and cook on high for 2 hours or low for 4 hours.
3. When chicken is cooked, remove and place on a cutting board.
4. Stir in the peas and rice to the slow cooker, cover and cook on high for 15 minutes.
5. When chicken is cool enough to handle, slice thinly.
6. After 15 minutes, stir the chicken, milk, and cheese into the slow cooker. Cover and cook on high for 15 more minutes, until cheese is melted and rice is tender. Serve.

## NUTRITION

Calories: 317cal | Carbohydrates: 33g | Protein: 21g | Fat: 10g | Saturated Fat: 5g | Cholesterol: 54mg | Sodium: 673mg | Potassium: 398mg | Fiber: 2g | Sugar: 3g | Vitamin A: 3930IU | Vitamin C: 17.7mg | Calcium: 239mg | Iron: 2.9mg