


# Josi's Slow Cooker Captain Chicken with Rice

Submitted by Josi Kilpack • Willard, UT

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- 2 cup shiitake mushroom(s), sliced
  - 1 cup onion(s), chopped
  - 1/2 cup celery, chopped
  - 1 to 4 medium garlic clove(s), minced
  - 2 pound boneless, skinless chicken breasts(s), cut into bite-size pieces
  - 1 Tbsp all-purpose flour
  - ¼ cup fat-free chicken broth
  - 1½ to 3½ tsp curry powder
  - 1 tsp table salt
  - ¼ tsp black pepper
  - ½ tsp red pepper flakes)
  - ¼ tsp paprika
  - 3 cup canned crushed tomatoes (This is one large can of crushed tomatoes)
  - ¼ cup golden seedless raisins
  - 1/2 cup slivered almonds
  - 2 cup cooked white or brown rice

Coat a large skillet with cooking spray. Add mushrooms, onion, celery and garlic and sauté until vegetables are tender, about 5 minutes. Place vegetables in slow cooker; add chicken.

In a cup, stir together flour and chicken broth until smooth. Add to slow cooker. Add curry powder, salt, pepper, paprika, crushed tomatoes and raisins, and stir in.

Cover and cook on low for 5 hours. To serve, spoon 1/2 cup rice onto each of 4 plates. Top each with chicken and sauce and serve. Yields 2 1/2 cups chicken mixture and 1/2 cup rice per serving.

This easily fed my family of 6, plus my sister and I for lunch the next day and me for breakfast and lunch the day after that--call me obsessive but I know what I like!

Happy Eating.