

# ALFREDO PASTA WITH BROCCOLI

## INGREDIENTS

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1 pound boneless skinless chicken breasts

2 and 3/4 cups chicken broth, separated

1 teaspoon minced garlic

1/2 teaspoon lemon pepper seasoning (I use Mrs. Dash chicken seasonings)

1/2 teaspoon freshly ground pepper

1 container (14.5 ounces) Prego Homestyle Alfredo sauce or Prego Roasted Garlic Parmesan Alfredo Sauce

2 cups uncooked rigatoni pasta\*

1 tablespoon cornstarch + 1 tablespoon water

1 and 1/2 cups chopped broccoli

1/4 cup freshly grated Parmesan cheese

Optional: salt, red pepper flakes, fresh chopped parsley

# INSTRUCTIONS

Spray the slow cooker with nonstick spray.

Remove any fat from the chicken breasts and cut into large pieces. Place the pieces of chicken breast in the crockpot and cover with 1 cup of chicken broth.

Place on low for 5-7 hours or high for 3-5 hours. The chicken should be completely cooked through.

Drain the chicken breasts and shred in the crockpot with 2 forks.

Add remaining 1 and 3/4 cups chicken broth, minced garlic, lemon pepper seasoning, ground pepper, jar of Alfredo sauce, and uncooked pasta to the crockpot. Stir well.

In a small cup, stir together the cornstarch and water with a fork until smooth. Pour into the mixture and stir.

Chop the broccoli into fairly small pieces. Place the chopped broccoli evenly on top of the mixture (Do not stir in. This will give the broccoli a “steamed effect” by placing it on top).

Cover and cook on high for 45 minutes to an hour or until the pasta is completely cooked through and the broccoli is crisp tender. (Watch carefully – every slow cooker is different!! Mine took exactly 45 minutes – the pasta was al dente and the broccoli crisp tender. However, yours may take longer or cook much faster so keep on eye on it!)

Remove the lid and stir in the Parmesan cheese (add more to personal preference) and all optional seasonings. I generally add more pepper, salt, a sprinkle of red pepper flakes (a nice touch of heat and flavor) and freshly chopped parsley.

Enjoy immediately.