

# SMOTHERED CHICKEN IN GRAVY FOR THE SLOW COOKER

## Ingredients:

1 pound boneless skinless chicken breast or thighs  
3 medium carrots – sliced or diced  
1/3 cup onion – chopped  
1 cup chicken broth  
2 tablespoons butter or margarine (I used light)  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 bay leaf  
2 teaspoons Herbs de Provence seasoning, divided  
1/2 teaspoon poultry seasoning  
1 package roasted chicken gravy mix ( I use McCormick's Roasted Chicken Gravy mix, nice seasoning blend)  
1/3 cup buttermilk or 2 % milk  
2 teaspoons flour  
1 cup frozen pea

## Instructions:

In a 4 to 6 quart crock pot, combine chicken, carrots, onion, chicken broth, butter, salt, pepper, 1 teaspoon Herbs de Provence and bay leaf; mix well.

Cover; cook on low setting for 6 to 8 hours or on high setting for 3 to 4 hours.

About 20 minutes before serving, stir gravy mix into crock pot, remove the chicken breast and using two forks shred the meat and return to the crock pot. Remove and discard bay leaf.

In a measuring cup, blend buttermilk or milk and flour until smooth. Stir flour mixture and peas into chicken as well as the reserved 1 teaspoon of Herbs de Provence; mix well.

Cover, increase heat to high; cover and cook an additional 25-20 minutes or until peas are cooked. If the gravy is too

thick add a little more milk or chicken broth.

Serve with rice or biscuits, mashed potatoes, baked potatoes or noodles.

Source : [allrecipes.com](http://allrecipes.com)