



## CrockPot Tuscan Garlic Chicken Thighs With Spinach and Sun-Dried Tomatoes

### Description

Crock-Pot Tuscan Garlic Chicken Thighs Recipe ?? Packed with flavors and so easy to prep! This **crockpot chicken thighs recipe** makes an easy keto & low carb dinner the family will love. Loaded with fresh garlic, spinach, and sun-dried tomatoes and drenched in a creamy parmesan sauce, the dish develops a wonderful aroma when slow cooking with chicken in the crockpot. If you??re looking for a hearty meal to comfort yourself in the cold weather, this **slow-cooker Tuscan chicken thighs recipe** is your next family favorite!

### Ingredients list for the Crock-Pot Tuscan Garlic Chicken Thighs

- 6 ?? 8 **skinless, bone-in chicken thighs**
- 1 tablespoon **olive oil** or butter
- 6 cloves **garlic**, minced
- 1 cup **heavy cream**
- 1/3 cup (80ml) **chicken broth**
- 3/4 cup grated **parmesan** cheese
- 1 tablespoon **Italian seasoning**
- 1 teaspoon **crushed red chili pepper flakes**, optional
- Sea salt and fresh cracked **black pepper**
- 1/2 cup **Sun-dried tomatoes** (chopped)
- 2 cup **Spinach** (chopped, packed)

### Why you??ll love our Crockpot chicken recipe

There are too many reasons why this **slow cooker chicken recipe** is a winner, but here are our main three:

- It is packed with flavor from the garlic, sun-dried tomatoes, and Parmesan sauce.
- Easy to prepare and cooks in the crockpot for a convenient dinner option.
- Keto and low-carb friendly, perfect for those following a specific diet or lifestyle.

## Directions

1. To prepare your crockpot chicken thighs recipe: heat oil or butter in a medium saucepan over medium heat. Add garlic and saute for about a minute, until fragrant.
2. Add the cream and chicken broth. Bring to a gentle simmer, then set heat to low and simmer for about 10 minutes. The sauce should thicken enough to coat the back of a spoon.
3. Meanwhile, place the chicken thighs at the bottom of your CrockPot. Season chicken thighs lightly with Italian seasoning, crushed red chili pepper flakes, sea salt, and black pepper. Top chicken thighs with sun-dried tomatoes.
4. When the cream sauce is ready, lower the heat and whisk in the Parmesan cheese, little by little until smooth. Adjust seasoning for the cream sauce if needed.
5. Pour the cream sauce evenly over the chicken thighs in the CrockPot. Try to get as much sauce as possible on top of the chicken thighs and less on the bottom.
6. Cook your crockpot Tuscan Garlic Chicken thighs for 3-4 hours on HIGH or 6-8 hours on LOW. When cooking time is over, remove gently the chicken thighs from the crockpot and set it aside.
7. Turn the crockpot on HIGH if it isn't already. Add the chopped spinach to the crockpot and stir for a few minutes, until the spinach wilts.
8. Return the chicken to the slow cooker, and spoon the liquid, spinach, and sun-dried tomatoes on top, or just pour them over the Tuscan chicken when serving. Serve your **CrockPot Tuscan Chicken** thighs over zucchini noodles or cauliflower rice, or rice, couscous, or pasta for non-Keto. This crockpot chicken thighs recipe is Keto and low-carb diet-friendly. Enjoy! ☺

## Category

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