



Recipes by Peter

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## HOW TO COOK TUSCAN CHICKEN Slow Cooker Method

I have been fortunate that I have been to Italy six times (as of 2024). One of my favorite regions of Italy is the Tuscany area (the Amalfi Coast is my next favorite area.)

The Tuscan people make delicious dishes using simple ingredients, and these simple ingredients pack a wonderful flavor to the dish.

I must admit, in this recipe I took a couple of turns with the seasonings, but that's just because I need to prepare this dish to my family's palette and not that of a true Tuscan – as the Italians don't use nearly as much garlic as we Americans do!



## **TUSCAN CHICKEN INGREDIENTS**

- \* 4 Chicken Breast Halves, Boneless and Skinless
- \* 1-2 Tablespoons of Kick N Chicken Seasoning
- \* 3 Tablespoons of good Olive Oil
- \* 2 Teaspoons of Italian Seasoning
- \* 1 Tablespoon of Garlic, Minced
- \* 1 Teaspoon of Salt
- \* 1 Teaspoon of Black Pepper
- \* ½ Teaspoon of MSG (Accent in US grocery stores)
- \* ½ Cup Sun Dried Tomatoes in Oil (Drained)
- \* 1 Cup of Sliced Olives
- \* 8 OZ Baby Portobello Mushrooms (Thick Sliced)
- \* 1 Small Onion, Diced
- \* 1 Can of Diced Tomatoes (I prefer fire-roasted, but use what you have.)
- \* 1 Cup of Chicken Broth
- \* One Lemon, Cut into Slices
- \* ½ Cup Grated Parmesan Cheese
- \* 1-1 ½ Cups of Half and Half
- \* 5-6 OZ Baby Spinach

## **DIRECTIONS:**

If needed, place one chicken breast in a plastic bag and using the flat side of a meat mallet (or rolling pin) pound the chicken breast so that it is about the same thickness throughout the breast. Do this with all the chicken breasts as required.

You need to brown the chicken (not cook the chicken but brown the chicken on both sides.) If your slow cooker has a sear and sauté mode, turn the slow cooker on at this setting to allow it to heat up. If your slow cooker does not have this mode, heat a skillet on the stove.

Season the chicken on both sides with the Kick N Chicken seasoning. If you don't have this seasoning, you can use salt, pepper, garlic and onion powder.

Brown the chicken breasts on both sides in the slow cooker on the sear and sauté mode or in a pan on the stove. Remove the browned chicken to a plate.

Place the onions in the slow cooker and cook until translucent.

Add the garlic and sauté for about 30 seconds.

Place the chicken back into the slow cooker.

Add the Italian seasonings, salt, pepper and MSG, sun dried tomatoes, olives, mushrooms, diced tomatoes and chicken broth to the slow cooker cooking pot and mix together. Place the lemon slices on top of the chicken in the slow cooker. Set the slow cooker to low and cook for 4 hours.

About 20 minutes before the dish is finished cooking cancel the slow cooker function and set the slow cooker back to the sear and sauté mode on high.

CAREFULLY remove the chicken and vegetables out of the slow cooker because you want to reduce the liquid by at least half. Let the slow cooker cook on high until you see that the sauce is reduced by at least half if not more.

Once the sauce is reduced pour in the half and half and stir together.

Put the chicken and vegetables (and sauce in this bowl) back in the slow cooker.

Last, add the spinach and stir to combine, the spinach will wilt into the sauce quickly. Just stir together. Once the spinach has wilted into the sauce the dish is finished.

When ready to serve break apart the chicken into the size of pieces that you want, adjust the salt and pepper to taste.

Garnish with lemon slices, the parmesan cheese and Italian parsley if you want.

Serve with pasta or rice or the side of your choice.

Enjoy!