

Creamy Lemon Coconut Crock Pot Chicken



Super easy to make this AIP approved meal. Yummy served over mashed or riced cauliflower!

Source: Our Paleo Life

Serves 8

Ingredients

- 8 Chicken Thighs boneless & skinless or 3-4 nice size chicken breasts
- Sea Salt to taste
- 1 teaspoon thyme, or any other favorite herb
- ½ teaspoon garlic powder or 2 fresh garlic cloves, minced
- Black pepper to taste
- 2 Tbsp avocado oil
- 1 Lemon sliced
- Cilantro or parsley leaves-about 1/4 cup stripped off stem
- Artichoke hearts in can or jar, approximately 32 oz can or jar in water
- 1 cup Chicken Broth
- 1/2 cup Full-Fat Coconut Milk from the can
- 3 Tbsp Arrowroot Starch divided

Instructions

1. Trim chicken thighs of any excess fat. Sprinkle both sides of the chicken evenly with salt and pepper.
2. Heat the oil in a large skillet over medium-high heat and add the chicken. Cook a couple minutes per side, until browned. Set aside.
3. Drain the artichoke hearts and cut into half (if they didn't already come cut). Place the artichokes in the bottom of the slow cooker. Add browned chicken to the slow cooker on top of the artichokes.
4. With a whisk, mix 2 tablespoons of the starch into the chicken broth, then add in the coconut milk. Pour mixture evenly over the chicken in the slow cooker.
5. Slice the lemon (not too thin, not too thick). Remove and discard any seeds. Place one lemon slice on top of each chicken thigh. Add other seasoning (salt, pepper, thyme, garlic)
6. Cover and cook on HIGH for 4-6 hours. Remove the lemons and discard. With a slotted spoon, remove the chicken. Using 2 forks, shred the chicken and set aside.
7. Mix the remaining 1 tablespoon of starch with 1 tablespoon of water. Add to the crockpot and stir to thicken. Add the chicken back to the crockpot and stir to combine. Add cilantro or parsley. Let steam for 5 minutes.



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