

YIELD: 4

Crock-Pot Chicken Parmesan

An easy, no-fuss way to make Chicken Parmesan. Adapted from The Family Table Slow Cooker.

PREP TIME

15 minutes

COOK TIME

3 hours 30 minutes

TOTAL TIME

3 hours 45 minutes



Ingredients

- 4 boneless, skinless chicken breasts
- 2 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tbsp Italian seasoning mix
- 1/2 C Parmesan cheese, grated
- 3 C prepared marinara sauce (your favorite)
- 6 oz mozzarella cheese, shredded

Instructions

1. Lay the chicken breasts in the slow cooker. Mix the garlic powder, salt, pepper, and Italian seasoning mix together in a small bowl. Sprinkle the mixture evenly over the chicken breasts, patting lightly so it will stick to the chicken.
2. Sprinkle the Parmesan cheese evenly over the chicken, then pour the marinara sauce on top, covering the tops and sides of the chicken.
3. Cover and cook on low, checking after 3 1/2 hours. (Or cook on high, checking after 1 1/2 hrs.)
4. Uncover and sprinkle the mozzarella evenly over the chicken. Cover and cook on low for about 15 more minutes, until cheese is completely melted.

Notes

Tips and Stuff:

Changes I made to the original recipe: original called for 1 tsp. of salt - I lowered it to 1/2 tsp because the marinara is salty enough.

I increased the marinara amount from 1 1/2 cups to 3 cups so we would have sauce for the pasta on the side. Highly recommend this; otherwise, you won't have much sauce.

Lowered the mozzarella to 6 oz. from 8 oz. It was more than plenty.

Lowered "low" cook time to 4 hours from the original 6. It definitely would have been dry and overcooked at 6 hours.

Nutrition Information: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: CALORIES: 482 TOTAL FAT: 20g SATURATED FAT: 9g TRANS FAT: 0g
UNSATURATED FAT: 8g CHOLESTEROL: 149mg SODIUM: 1716mg CARBOHYDRATES: 19g FIBER: 4g
SUGAR: 10g PROTEIN: 53g

Nutrition Values are Approximate

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CATEGORY: Throw and Go! (Crockpot Recipes)

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