

Treasure Barrel

Slow Cooker Lemon Herb Chicken and Rice Recipe

15 min Prep time	**4 h** Cook time	**4 h 15 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Chicken and Rice

- [ ] 2 lbs boneless, skinless chicken thighs
- [ ] 1 large yellow onion, finely chopped
- [ ] 4 cloves garlic, minced
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 ½ cups long-grain white rice, rinsed well
- [ ] 2 tablespoons olive oil
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper

For the Lemon & Herb Mixture

- [ ] 2 large lemons
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon dried oregano
- [ ] 2 bay leaves
- [ ] ¼ cup fresh parsley, chopped

Instructions

1. First, let's get everything ready. Pat your chicken thighs dry with a paper towel and season them generously on both sides with salt and pepper. This little step helps them develop more flavor. In the bottom of your slow cooker, spread out the chopped onion and minced garlic to create a fragrant bed for the chicken. Zest one of the lemons directly into a small bowl, and then add the dried thyme and oregano. Give it a little stir; the smell is already amazing. This is your flavor foundation.

2. Now, place the seasoned chicken thighs right on top of the onions and garlic in a single layer. Pour the chicken broth over everything. Sprinkle the lemon zest and herb mixture evenly over the chicken, and tuck the bay leaves down into the broth. Cover the slow cooker, set it to low, and let it cook for 3-4 hours. Go on and enjoy your day; the slow cooker is doing all the work, gently simmering and making that chicken impossibly tender.

3. After 3-4 hours, your kitchen should smell incredible. Carefully remove the chicken thighs from the slow cooker and place them on a cutting board. They will be so tender, they might fall apart on the way! Let them cool for just a minute, then use two forks to shred the meat into bite-sized pieces. Discard the bay leaves from the broth remaining in the slow cooker. Skim any excess fat off the top of the liquid if you wish.

4 It's time for the rice. Pour your well-rinsed long-grain white rice into the slow cooker with the broth. Give it a good stir to make sure it's all submerged. Place the lid back on and cook on high for another 45-60 minutes, or until the rice is tender and has absorbed most of the liquid. Once the rice is cooked, return the shredded chicken to the pot. Squeeze in the juice from both lemons, add the fresh parsley, and stir gently to combine everything. Let it sit for a few minutes for the flavors to meld, then serve warm.

Nutrition per serving

450 kcal	35 g	40 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra layer of flavor, you can sear the chicken thighs in a hot skillet with olive oil for 2-3 minutes per side before adding them to the slow cooker. This isn't required, but it adds a lovely golden color and a deeper, roasted flavor to the final dish. It's a nice touch for a weekend meal when you have a little extra time.
- Don't be tempted to lift the lid while the rice is cooking! Slow cookers lose a lot of heat each time the lid is removed, and this can significantly slow down the cooking process, especially for the rice. Trust the timing and let it do its thing undisturbed for the best, fluffiest results.
- If you find the final dish needs a little more liquid after the rice is cooked, feel free to stir in another splash of warm chicken broth until it reaches a consistency you love. Sometimes different brands of rice can be a bit thirstier than others, so it's good to be flexible.