



# Noreen's Kitchen

## Crock Pot Balsamic

### Mushroom Chicken

#### Ingredients

#### Serves 4 to 6

4 to 6 boneless skinless chicken breasts	2 tablespoons Basamic Vinegar
1 pound Crimini mushrooms	1 teaspoon garlic powder
2 Portobello mushroom caps	1 teaspoon onion powder
1 pound carrots, washed and sliced	1 teaspoon cracked black pepper
4 large shallots or 1 medium onion, sliced	1 teaspoon salt
4 cups beef stock	1 tablespoon sweet paprika
2 cups water	1 tablespoon Italian seasoning
1/2 cup ketchup	1 tablespoon parsley
1 cup all purpose flour	

#### Step by Step Instructions

Combine beef stock, ketchup, water and seasonings in the crock of your slow cooker and whisk together.

Add mushrooms, carrots, onion/shallots and set aside.

Place flour in a large zip top bag and then dredge each chicken breast well in the flour to coat.

Place chicken breasts in crock on top of the vegetables and seasoned broth.

Stir well making sure to try to submerge chicken into the liquid.

Cover and set to high for 2 hours then set on low for an additional 2 hours.

Serve with rice or noodles and enjoy!

Enjoy!