

Chicken Fajitas

IOWA

Student Wellness

Ingredients

- 1½ pounds boneless skinless chicken breasts
- 5 medium carrots, peeled and chopped (1½ cups)
- 1 medium yellow onion, chopped (1½ cups)
- 4 stalks celery, chopped (1½ cups)
- 3-5 cloves garlic, minced
- 6 cups low-sodium chicken broth (3- 15 ounce cans)
- 1 cup water
- ¾ teaspoon dried thyme
- ½ teaspoon dried sage (optional)
- ½ teaspoon dried rosemary, crushed
- ¼ teaspoon celery seed, finely crushed
- 2 bay leaves
- Salt and freshly ground black pepper, to taste
- 2 cups uncooked wide egg noodles
- ¼ cup fresh parsley, chopped
- 1 Tablespoon fresh lemon juice

Directions



1. To a slow cooker, add chicken (un-cut), diced carrots, onion, celery, and garlic.
2. Add chicken broth, water, thyme, rosemary, celery seed, bay leaves and season with salt and pepper to taste.
3. Cover and cook on LOW heat 6-7 hours.
4. Remove cooked chicken and allow to rest 10 minutes, then dice into bite size pieces.
5. Remove bay leaves and discard.
6. Meanwhile, add egg noodles and parsley to slow cooker. Increase temperature to HIGH, cover and cook 10 minutes longer (or until noodles are tender).
7. Stir in lemon juice and toss in cooked, diced chicken.
8. Serve warm with saltine crackers or top with Parmesan cheese if desired.

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