

# Slow Cooker Coconut Chicken and Wild Rice Stew

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*4 medium carrots  
2 tablespoons fresh ginger  
1 1/2 pounds boneless/  
skinless chicken breasts  
1 package (15 ounce)  
frozen butternut squash,  
diced  
1 package (8 ounce) trinity  
mix  
2/3 cup brown and wild rice  
blend  
2 tablespoons red curry  
paste  
2 tablespoons fish sauce  
2 tablespoons brown sugar  
1 cup lite coconut milk  
4 cups no-salt-added  
chicken stock  
1 bunch fresh cilantro,  
chopped  
2 limes, cut into wedges*

Peel the carrots and cut into one-inch pieces. Peel and grate the ginger. Place chicken in bottom of a slow cooker. (Wash hands.)

Add the squash, trinity mix, rice, curry paste, fish sauce, brown sugar, coconut milk and chicken stock.

Cover and cook on LOW for seven to eight hours or HIGH for four hours and until the chicken is 165 degrees.

Carefully remove the chicken and shred with two forks. Return the chicken to the slow cooker.

Serve the stew with cilantro and lime.

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Per Serving (excluding unknown items): 471 Calories; 6g Fat (9.4% calories from fat); 9g Protein; 111g Carbohydrate; 13g Dietary Fiber; 4mg Cholesterol; 119mg Sodium. Exchanges: 2 1/2 Grain(Starch); 6 Vegetable; 1 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.