Slow-Cooker Cheesy Chicken & Potatoes

www.velveeta.com

Servings: 6

1 large green pepper, chopped
1 pound (about 3) red potatoes, very
thinly sliced
1 teaspoon paprika
8 (2 pounds) boneless/ skinless
chicken thighs, halved
1 can (10-3/4 ounce) condensed
cream of chicken soup
1/4 pound (4 ounce) Velveeta cheese,
cut into 1/2-inch cubes
1 tablespoon Worcestershire sauce
1/4 cup fresh parsley, chopped

Preparation Time: 20 minutes

Place the peppers in a slow cooker sprayed with cooking spray. Top with the potatoes.

Sprinkle paprika over the chicken. Place four thighs in the slow cooker. Cover with the soup and the remaining thighs. Place the lid on the cooker.

Cook on LOW for six to eight hours (or on HIGH for three to four hours).

Use a slotted spoon to transfer the chicken and vegetables to a platter. Cover to keep warm.

Set the slow cooker on HIGH heat.

Add the Velveeta cheese and Worcestershire sauce to the reserved liquid in the slow cooker. Stir. Cover with the lid. Cook for 5 minutes. Stir until the Velveeta is completely melted and the sauce is well blended.

Spoon over the chicken and vegetables. Top with parsley.

Start to Finish Time: 6 hours 20 minutes

Per Serving (excluding unknown items): 58 Calories; 3g Fat (38.6% calories from fat); 2g Protein; 7g Carbohydrate; 1g Dietary Fiber; 3mg Cholesterol; 356mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Chicken, Slow Cooker

Calories (kcal): 58 Vitamin B6 (mg): .1mg % Calories from Fat: 38.6% Vitamin B12 (mcg): trace % Calories from Carbohydrates: 49.7% Thiamin B1 (mg): trace % Calories from Protein: 11.7% Riboflavin B2 (mg): trace % Calories from Protein: 11.7% Riboflavin B2 (mg): 11mcg Total Fat (g): 3g Folacin (mcg): 11mcg Saturated Fat (g): 1g Caffeine (mg): 0mg Monounsaturated Fat (g): 1g Alcohol (kcal): 0 Polyunsaturated Fat (g): 1g Alcohol (kcal): 0 Cholesterol (mg): 3mg 7g Food Exchanges Carbohydrate (g): 7g Food Exchanges Food Exchanges Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 2g Lean Meat: 0 Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 1mg N				
% Calories from Carbohydrates: 49.7% Thiamin B1 (mg): trace % Calories from Protein: 11.7% Riboflavin B2 (mg): trace Total Fat (g): 3g Folacin (mcg): 11mcg Saturated Fat (g): 1g Niacin (mg): 1mg Monounsaturated Fat (g): 1g Caffeine (mg): 0mg Polyunsaturated Fat (g): 1g Alcohol (kcal): 0 Polyunsaturated Fat (g): 7g Food Exchanges Carbohydrate (g): 7g Food Exchanges Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 2g Lean Meat: 0 Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): 28mg Other Carbohydrates: 0 Vitamin A (i.u.): 677IU 677IU Other Carbohydrates: 0	Calories (kcal):	58	Vitamin B6 (mg):	.1mg
% Calories from Protein: 11.7% Riboflavin B2 (mg): trace Total Fat (g): 3g Folacin (mcg): 11mcg Saturated Fat (g): 1g Niacin (mg): 1mg Monounsaturated Fat (g): 1g Alcohol (kcal): 0 Polyunsaturated Fat (g): 1g Alcohol (kcal): 0 Polyunsaturated Fat (g): 3mg Food Exchanges Cholesterol (mg): 7g Food Exchanges Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 2g Lean Meat: 0 Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): 28mg Other Carbohydrates: 0 Vitamin A (i.u.): 677IU 677IU 1	% Calories from Fat:	38.6%	Vitamin B12 (mcg):	trace
Total Fat (g): 3g Folacin (mcg): 11mcg Saturated Fat (g): 1g Niacin (mg): 1mg Monounsaturated Fat (g): 1g Alcohol (kcal): 0 Polyunsaturated Fat (g): 1g Alcohol (kcal): 0 Cholesterol (mg): 3mg 7g Food Exchanges Carbohydrate (g): 7g Food Exchanges Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 2g Lean Meat: 0 Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	% Calories from Carbohydrates:	49.7%	Thiamin B1 (mg):	trace
Niacin (mg): 1mg 1	% Calories from Protein:	11.7%	, .	
Monounsaturated Fat (g):	Total Fat (g):	3g	` ` ,	•
Polyunsaturated Fat (g):	Saturated Fat (g):	1g		•
Polyunsaturated Fat (g): 19	Monounsaturated Fat (g):	1g		
Cholesterol (mg): 3mg Carbohydrate (g): 7g Food Exchanges Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 2g Lean Meat: 0 Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Polyunsaturated Fat (g):	1g	i i	-
Dietary Fiber (g): 1g Grain (Starch): 1/2 Protein (g): 2g Lean Meat: 0 Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Cholesterol (mg):	3mg		
Protein (g): 2g Lean Meat: 0 Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Carbohydrate (g):	7g	Food Exchanges	
Sodium (mg): 356mg Vegetable: 0 Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Dietary Fiber (g):	1g	Grain (Starch):	1/2
Potassium (mg): 175mg Fruit: 0 Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Protein (g):	2g	Lean Meat:	0
Calcium (mg): 21mg Non-Fat Milk: 0 Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Sodium (mg):	356mg	Vegetable:	0
Iron (mg): 1mg Fat: 1/2 Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Potassium (mg):	175mg	Fruit:	0
Zinc (mg): trace Other Carbohydrates: 0 Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Calcium (mg):	21mg	Non-Fat Milk:	0
Vitamin C (mg): 28mg Vitamin A (i.u.): 677IU	Iron (mg):	1mg	Fat:	1/2
Vitamin A (i.u.): 677IU	Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin A (i.u.): 677IU		28mg	-	
		677IU		
	Vitamin A (r.e.):	68 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving				
Calories 58	Calories from Fat: 22			
	% Daily Values*			
Total Fat 3g	4%			
Saturated Fat 1g	4%			
Cholesterol 3mg	1%			
Sodium 356mg	15%			
Total Carbohydrates 7g	2%			
Dietary Fiber 1g	3%			
Protein 2g				
Vitamin A	14%			
Vitamin C	47%			
Calcium	2%			
Iron	4%			

^{*} Percent Daily Values are based on a 2000 calorie diet.