

## 3 Low-Carb Chicken Breast Crockpot Recipes



My name is Jessy George, I am certified health Coach. I help busy women balance their blood sugars so that they can live healthy and happy.

Congratulations on taking a step toward healthier living!

Eating better will help you have a healthier and happier life. I'm here to help you make your healthy lifestyle simple and F-U-N!

Jessy George

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## 3 Low-Carb Chicken Breast Crockpot Recipes

### 1. Crockpot Chicken Breast with Thyme

#### Ingredients:

- 2lbs boneless, skinless chicken breasts
- 2 tbsp avocado oil
- ¼ cup chicken broth
- ½ tsp onion powder
- ½ tsp dried [thyme](#)
- ½ tsp garlic powder
- ½ tsp paprika or cayenne if you like spicy
- ½ tsp turmeric powder
- 1 tsp pink salt
- 1 tsp ground black pepper

#### Directions:

1. Combine the seasoning in a small dish.
2. Rub the oil and seasoning over the chicken breasts.
3. Pour the chicken broth in the slow cooker and add the chicken breasts.
4. Cook on high for 3-4 hours or on low for 5-6 hours.

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## 2. Chicken Breast with Parsley

### Ingredients:

- 2lbs boneless, skinless chicken breasts
- 2 tbsp butter
- ¼ cup chicken broth
- ½ tsp onion powder
- ½ tsp dried [parsley](#)
- ½ tsp garlic powder
- ½ tsp paprika or cayenne if you like spicy
- ½ tsp turmeric powder
- 1 tsp pink salt
- 1 tsp ground black pepper

### Directions:

1. Combine the seasoning in a small dish.
2. Rub the butter and seasoning over the chicken breasts.
3. Pour the chicken broth in the slow cooker and add the chicken breasts.
4. Cook on high for 3-4 hours or on low for 5-6 hours.

## 3 Low-Carb Chicken Breast Crockpot Recipes

### 3. Crockpot Chicken Breast with Cumin

#### Ingredients

- 2lbs boneless, skinless chicken breasts
- 2 tbsp butter
- ¼ cup chicken broth
- ½ tsp onion powder
- ½ tsp [cumin](#) powder
- ½ tsp garlic powder
- ½ tsp paprika or cayenne if you like spicy
- ½ tsp turmeric powder
- 1 tsp pink salt
- 1 tsp ground black pepper

#### Directions:

1. Combine the seasoning in a small dish.
2. Rub the butter and seasoning over the chicken breasts.
3. Pour the chicken broth in the slow cooker and add the chicken breasts.
4. Cook on high for 3-4 hours or on low for 5-6 hours.

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## Notes

1. You can add or remove the spices according to your preference.
2. You can substitute chicken breast with boneless chicken thighs.
3. 4 chicken breasts are approximately 2 lbs./1kg.
4. You can use [instant pot](#) as a slow cooker or a [crockpot](#).