Crockpot Chicken Dump Recipes

A tomato-chickpea base turns thawed chicken thighs into a hands-off slow-cooker dinner.

PREP 10 min | COOK 300 min | SERVES 4 | EASY

Ingredients

- 1 1/2 lb (680 g) thawed boneless skinless chicken thighs
- 1 can (14 oz / 400 g) diced tomatoes
- 1 can (15 oz / 425 g) chickpeas, drained
- 1 onion (150 g), diced
- 1 bell pepper (150 g), diced
- 1 tsp (2 g) cumin
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) pepper

Method

1. Mix tomatoes, chickpeas, onion, pepper, cumin, salt and pepper in a 4-quart slow cooker.
2. Nestle thawed chicken thighs into the mixture and cover. Start the cooker immediately.
3. Cook on LOW about 4-5 hours, keeping the lid closed, until every thick piece reaches 165°F (74°C); extend time as needed.
4. Remove chicken to a clean board and pull into large shreds.
5. Stir chicken back into the tomato mixture and serve hot.

Doneness

Verify 165°F (74°C) in the thickest chicken pieces, away from bone. Ground chicken and the center of a casserole must also reach 165°F (74°C). Time is an estimate; use a food thermometer.

Cook’s note

Use thawed chicken and a correctly sized cooker; appliances differ.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Include any prior storage time of cooked chicken.

Ready to serve

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Serve hot.