Gluten Free Crockpot Chicken Recipes

This slow-cooker chicken supper pairs tender chicken with potatoes, carrots and a light, savory gluten-free broth, finished with lemon.

PREP 15 MIN | COOK 330 MIN | TOTAL 345 MIN | SERVES 4 | EASY



Ingredients

- 680 g boneless skinless chicken thighs
- 150 g onion, diced
- 3 garlic cloves, minced
- 250 ml unsalted chicken broth
- 1/2 tsp dried thyme
- 1/2 tsp salt, or to taste
- 1/4 tsp black pepper
- 400 g potatoes, cut into 2 cm cubes
- 200 g carrots, sliced
- 1 tbsp lemon juice

Ingredient note: Use certified gluten-free broth and check spice labels; avoid cross-contact. Method timing: Add potatoes and carrots at the start and cook until tender. Finish with lemon. Use certified gluten-free broth and seasonings.

Method

1. Put thawed chicken, onion, garlic, broth, thyme, salt and pepper in a 4-6 litre slow cooker.

2. Cover and cook on LOW for 4-5 hours, checking that the thickest chicken pieces reach 165°F (74°C). Cook longer if needed.

3. Shred or slice the cooked chicken using clean utensils, and return to the cooking liquid.

4. Add potatoes and carrots at the start and cook until tender. Finish with lemon. Use certified gluten-free broth and seasonings.

Serving

Serve with steamed vegetables; add rice or bread if appropriate to your preferences.

Doneness & safety

Chicken must reach 165°F (74°C) in its thickest part; use a food thermometer.

Helpful tips

• Prepare ingredients before starting.
• Check chicken with a thermometer.
• Start with thawed chicken and keep the slow-cooker lid closed during cooking.

Avoid: Do not judge safety by color alone.

Avoid: Keep cooked chicken off plates used for raw poultry.

Variations

• Herbs: finish with chopped parsley.
• Vegetables: use similar amounts of seasonal vegetables and adjust cooking until tender.

Storage, freezing & reheating

Refrigerate in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Freeze airtight portions for up to 2 months for best quality. Thaw in the refrigerator. Reheat leftovers to 165°F (74°C), adding a splash of water to prevent drying. Stir sauced dishes frequently over gentle heat.

Quick answers

Can I make this ahead? Refrigerate promptly and reheat thoroughly; store noodles separately when used.

How do I check doneness? Use a thermometer: chicken must reach 165°F (74°C).