

Crockpot French Onion Chicken Pasta

Recipe makes 6 meals

Ingredients

- **3 Boneless Skinless Chicken Breasts, 8 oz each**
- **15 oz Barilla Protein Plus Pasta**
- **2 oz box Lipton Recipe Secrets French Onion Soup & Dip Mix, (2 envelopes in a box)**
- **2-3 large White Onions, about 1 pound, thinly sliced**
- **3 cups Beef Broth**
- **1 cup (4 ounces) Swiss Cheese, shredded**
- **1 Tbsp Olive Oil**
- **1 Tbsp Worcestershire Sauce**
- **1 tsp Garlic Powder**
- **1 tsp Thyme**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 485
Fat - 11g
Carbohydrates - 56g
Protein - 43g
***Fiber - 6g**

**Estimated Cost
Per Meal**

\$2.21

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Instructions

- 1. Start by adding your two envelopes of Lipton French Onion Soup Mix to a bowl, along with 3 cups of beef broth, and mix.**
- 2. Place your 3 chicken breasts in your crockpot and pour in your French onion mixture. Cover and cook on low and slow for at least four hours.**
- 4. One hour before your chicken is done, you're going to start caramelizing your onions. This is a slow process but helps give the onions a deep flavor. Place a large pot over medium-low heat and add in 1 Tbsp of olive oil, your thinly sliced onions, 1 Tbsp Worcestershire sauce, 1 tsp garlic powder, 1 tsp thyme, and a little salt. Mix everything together really well.**
- 5. Let your onions continue to cook, stirring about every 10 minutes, making sure to scrape any bits off the bottom of the pot. If you notice your onions start to burn, reduce the heat slightly.**
- 6. After one hour, your onions should have a nice caramelization to them. Remove them from the heat and set aside.**
- 7. When your chicken is done, shred using the back of two forks, or your preferred method.**
- 8. Once your chicken is shredded, add your caramelized onions into your crockpot and mix well. Let this continue to cook on low, uncovered, while you cook your pasta.**
- 9. Cook your pasta according to the instructions on the package. When done, strain, and add it to the crockpot along with 1 cup of shredded Swiss cheese. Mix everything together, give it a taste, and add salt and pepper to preference.**
- 10. Portion out and enjoy!**



Notes

- **I do believe French Onion Soup is traditionally made with Gruyère cheese. It can be hard to find so I opted for regular Swiss. If you have access to Gruyère, you can make it with that instead.**
- **Caramelizing the onions for this recipe is a little time consuming but I really think it adds a lot of flavor. If you do not want to wait an hour for the onions, you can cook them faster on a higher heat setting. However you decide to caramelize them, just be careful not to burn them.**
- **As you can see, the only vegetable in this dish is onions. But this recipe can easily be modified by adding a vegetable of choice either in the dish, or as a side.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**