

# **Easiest-Ever Coq Au Vin**

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**Servings: 6**

**Preparation Time: 15 minutes**

**Cook time: 8 hours**

**2 pounds skinless chicken thighs**  
**1 1/2 teaspoons herbs de Provence**  
**3/4 teaspoon garlic salt**  
**1/4 teaspoon black pepper**  
**1 cup dry red wine**  
**2 tablespoons tomato paste**  
**2 cups frozen pearl onions, thawed**  
**2 cups white mushrooms, quartered**  
**2 large carrots, chopped**  
**1 cup reduced-sodium chicken broth**  
**cooked egg noodles**

Coat the slow cooker with nonstick cooking spray.

Place the chicken thighs in the slow cooker and season with the herbs de Provence, garlic salt and black pepper.

Add the wine and tomato paste.

Scatter the onions, mushrooms and carrots over the chicken.

Stir together the tomatoes, broth and tapioca. Pour over the vegetables.

Cover and cook on HIGH for 6 hours or LOW for 8 hours.

Serve over cooked egg noodles.

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Per Serving (excluding unknown items): 163 Calories; 3g Fat (22.9% calories from fat); 18g Protein; 8g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 412mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.