- Prep time: 15 minutes
- Cook time: 5–6 hours on LOW or 3–4 hours on HIGH
- Total time: 5 hours 15 minutes (on LOW)
- Yield: Serves 6
- Course: Main Course
- Cuisine: American

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## Ingredients

For the Chicken:

- 2 lbs (900g) boneless, skinless chicken breasts (or thighs, for juicier meat)
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp dried thyme
- ½ tsp dried rosemary
- ½ tsp smoked paprika
- ½ tsp black pepper
- ¼ tsp salt (plus more to taste)
- 2 tbsp unsalted butter

For the Gravy:

- 1 can (10.5 oz) condensed cream of chicken soup

- 1 can (10.5 oz) condensed cream of mushroom soup (or use two cans of cream of chicken)
- 1 ½ cups (360ml) low-sodium chicken broth
- 1 medium yellow onion, finely diced
- 3 cloves garlic, minced
- 1 tbsp Worcestershire sauce
- 1 tsp Dijon mustard
- 2 tbsp cornstarch mixed with 2 tbsp cold water (slurry, for thickening)
- ¼ cup (60ml) heavy cream or whole milk (optional, for richness)
- Fresh parsley, chopped, for garnish (optional)

For Serving:

- Mashed potatoes, rice, egg noodles, or biscuits

## Instructions

### Step 1: Season the Chicken (Intensity: Low)

Pat the chicken breasts dry with paper towels—this helps the seasonings adhere and promotes better browning in the slow cooker. In a small bowl, combine the garlic powder, onion powder, dried thyme, dried rosemary, smoked paprika, black pepper, and salt. Rub this seasoning blend all over the chicken pieces, coating them evenly.

### Step 2: Layer the Crockpot (Intensity: Low)

Place the seasoned chicken breasts in the bottom of a 6-quart slow cooker. Scatter the diced onion and minced garlic around and over the chicken. Add the butter on top of the chicken—it will melt and add richness to the gravy as the dish cooks.

### Step 3: Whisk the Gravy Base (Intensity: Low)

In a medium bowl, whisk together the cream of chicken soup, cream of mushroom soup, chicken broth, Worcestershire sauce, and Dijon mustard until smooth and well combined. Pour this mixture over the chicken and onions in the slow cooker, making sure the chicken is mostly submerged.

### Step 4: Slow Cook (Intensity: Low)

Cover the slow cooker and cook on LOW for 5–6 hours or on HIGH for 3–4 hours. The chicken is done when it is cooked through (internal temperature of 165°F/74°C) and shreds easily with a fork. Resist the urge to lift the lid during cooking—every time you open the slow cooker, you release heat and extend the cooking time.

### Step 5: Shred the Chicken (Intensity: Medium)

Using a slotted spoon or tongs, carefully transfer the cooked chicken to a cutting board. Shred it with two forks, then return the shredded chicken to the slow cooker. Stir to combine with the gravy.

### Step 6: Thicken the Gravy (Intensity: Medium)

In a small bowl, whisk together the cornstarch and cold water to make a slurry. Stir the slurry into the slow cooker. Turn the heat to HIGH and cook, uncovered, for 15–20 minutes, stirring occasionally, until the gravy thickens to your desired consistency. If you want a richer, creamier gravy, stir in the heavy cream or milk during the last 5 minutes of cooking.

### Step 7: Season and Serve (Intensity: Low)

Taste the gravy and adjust the seasoning—add salt, pepper, or a splash of Worcestershire sauce as needed. Garnish with fresh chopped parsley, if desired. Serve hot over mashed potatoes, rice, egg noodles, or biscuits.

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## Recipe Notes & Tips

- Chicken Thighs vs. Breasts: Chicken thighs are more forgiving and stay juicier in the slow cooker, but chicken breasts work perfectly well and are leaner. If using breasts, be careful not to overcook them—5 hours on LOW is usually plenty.

- Cream Soup Alternatives: If you prefer to avoid canned soups, you can substitute with a homemade béchamel sauce or use 2 cups of chicken broth mixed with ¼ cup of flour as a thickener. The flavor will be slightly different but still delicious.

- Make It a Meal: This dish is a complete meal when served over mashed potatoes, but you can round it out with a side of steamed green beans, roasted carrots, or a simple green salad.

- Storage: Store leftovers in an airtight container in the refrigerator for up to 4 days. Reheat gently on the stovetop or in the microwave, adding a splash of broth or water if the gravy has thickened too much.

- Freezer-Friendly: This dish freezes well. Transfer to freezer-safe containers and freeze for up to 3 months. Thaw overnight in the refrigerator before reheating.

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## Nutrition Information

*Disclaimer: The following nutrition information is an estimate per serving (based on 6 servings) and will vary based on exact ingredient sizes, brands, and whether optional ingredients are used. Nutrition information does not include the serving suggestion (mashed potatoes, rice, etc.).*

- Calories: 340 kcal

- Total Fat: 15g (6g Saturated Fat)

- Cholesterol: 110mg

- Sodium: 890mg

- Total Carbohydrates: 14g
- Dietary Fiber: 1g
- Total Sugars: 3g
- Protein: 36g
- Vitamin A: 8% DV
- Vitamin C: 4% DV
- Calcium: 6% DV
- Iron: 10% DV
- Potassium: 520mg