Prep Time	5–10 minutes
Cook Time	2½–4 hours on LOW (or 1½–2½ hours on HIGH)
Total Time	Approximately 3–4 hours
Yield	4 servings (about 1½ lbs cooked chicken)
Intensity	Easy (Minimal active work, but do not overcook—chicken breasts dry out fast)
Equipment	Slow cooker (Crock-Pot), tongs, two forks or stand mixer for shredding

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🥣 Ingredients

Core Ingredients

- 2 lbs (900g) boneless, skinless raw chicken breasts (about 4 medium breasts)

- 1 cup low-sodium chicken broth (or water)
- 1 tablespoon olive oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon dried thyme or Italian seasoning

Optional Flavor Variations

- Mexican: 1 teaspoon cumin, 1 teaspoon chili powder, juice of 1 lime
- Asian: 2 tablespoons soy sauce, 1 tablespoon honey, 1 teaspoon grated ginger, 1 teaspoon sesame oil
- Italian: 2 cloves minced garlic, 1 tablespoon balsamic vinegar, 1 teaspoon dried oregano
- Buffalo: ½ cup buffalo sauce + 2 tablespoons butter, omit the broth

Instructions

Step 1: Prepare the Slow Cooker (2 minutes | Easy)

Lightly grease the inside of the slow cooker with the olive oil or a quick spray of nonstick cooking spray. This prevents sticking and makes cleanup easier. Pour the chicken broth into the bottom of the pot—this is your braising liquid and the key to moist, tender chicken.

Step 2: Season the Chicken (3 minutes | Easy)

Pat the raw chicken breasts dry with paper towels. Season both sides generously with salt, pepper, garlic powder, onion powder, and thyme. Place the seasoned breasts in a single layer in the slow cooker. Do not stack them—overlapping leads to uneven cooking. If your breasts are very thick (over 1 inch), consider slicing them horizontally into thinner cutlets so they cook evenly.

Step 3: Cook on LOW (2½–4 hours | Easy, but time-sensitive)

Cover with the lid and cook on LOW for 2½ to 4 hours. Chicken breasts are lean and cook quickly—the safest window is 2½ to 3 hours. Check the internal temperature with an instant-read thermometer at the 2½-hour mark: it should read 165°F (74°C) at the thickest part. If you're using HIGH, cook for 1½ to 2½ hours and start checking at 1½ hours. Do not lift the lid during cooking—each peek releases heat and extends the cooking time.

Step 4: Rest in the Juices (5–10 minutes | Easy)

Once the chicken reaches 165°F, turn off the slow cooker and let the breasts rest in the cooking liquid for 5–10 minutes with the lid off. This allows the juices to redistribute and keeps the meat moist. Do not leave the chicken sitting on "warm" for hours—it will continue to cook and dry out.

Step 5: Shred or Slice (3–5 minutes | Medium Intensity)

Remove the chicken with tongs and transfer to a cutting board. For sliced chicken, let it rest for 5 minutes, then slice against the grain. For shredded chicken, use two forks to pull it apart, or transfer it to a stand mixer fitted with the paddle attachment and beat on low for 30–45 seconds. Toss the shredded or sliced chicken with a few spoonfuls of the cooking juices to keep it moist.

Serving & Storage

- Serve: Use in tacos, burrito bowls, salads, sandwiches, soups, casseroles, or meal-prep containers. The plain version is a blank canvas for any sauce or seasoning.

- Storage: Store in an airtight container in the refrigerator for up to 4 days. Keep it moist by storing it with 2–3 tablespoons of the cooking liquid.

- Freezing: Freeze in portion-sized bags with a splash of cooking liquid for up to 3 months. Thaw overnight in the refrigerator.

- Reheating: Reheat gently in a skillet over medium-low heat with a splash of broth, or in the microwave covered with a damp paper towel in 30-second intervals.

Nutrition Information (Estimated)

Note: Nutritional values are estimates per serving (¼ of the recipe) and will vary based on the size of the chicken breasts, the broth used, and whether skin is present. Values reflect plain chicken with seasonings.

Nutrient	Amount per Serving (¼ recipe, ~6 oz cooked)
Calories	~280 kcal
Total Fat	7 g
Saturated Fat	1.5 g
Cholesterol	145 mg
Sodium	480 mg
Total Carbohydrates	2 g
Dietary Fiber	0 g
Total Sugars	0 g
Protein	50 g