

POST BARIATRIC SURGERY RECIPE

Low Fat Slow Cooker Chicken and Vegetable Casserole



Number of servings, standard portions: 6

Number of servings, bariatric portions: 9-10 (**remember, you can freeze this!**)

Nutrition info	per 100g	per bariatric portion (9)
Energy kcals	54	99
Protein g	7.2	13.4
Carbohydrate g	3.6	6.7
Fat g	1.1	2

Ingredients:

1 medium onion, finely chopped
 1 large leek, white part only, cleaned and sliced
 250g mushrooms sliced
 250g carrots sliced
 2 medium potatoes cut into chunks
 1 large stalk of celery, sliced
 6 boneless, skinless chicken thighs, approx 500g weight
 1 can chopped tomatoes
 300ml chicken stock
 1 bay leaf
 1/2 tsp fresh thyme
 1 small sprig rosemary
 50g Dried apricots (Optional)

Method:

- Coat bottom and sides of the slow cooker with non stick cooking spray.
- Place vegetables in the pot
- Trim chicken thighs of excess fat and cut into pieces.
- Add chicken to the pot, followed by herbs, chopped tomatoes, apricots (if used) and chicken stock
- Cover and cook on low for 7-9 hours

Notes: May also be made with chicken or turkey mince rather than chicken pieces. Like other casserole dishes it is a good basic soft meal which can be made ahead and frozen in portions. If using after three months post band or bypass, remember to add a serving of crunchy vegetables and not to have too much of the gravy/sauce.