



## Cuban Chicken

*Crock Pot, Poultry, Spanish*

**Prep Time:** 30 min **Cook Time:** 5 hours **Difficulty:** Easy **Servings:** 2

### **INGREDIENTS**

- 2 chicken breasts
- 1 1/2 tbsp vegetable oil
- 1 1/2 tbsp garlic, minced
- 3/8 cup orange juice
- 3/8 cup lime juice
- 1/2 bay leaf
- 1/2 yellow onion, thinly sliced
- 1/2 tbsp parsley, minced
- 1 limes, cut into wedges



### **DIRECTIONS**

Season the chicken with salt and pepper. In a large pan heat the oil over medium-high heat. Sear the chicken until golden brown, turning once. Transfer to a slow cooker.

Add the garlic to the pan and sauté for 1 min. Add the orange and lime juice and bring to a boil. Deglaze the pan and pour the mixture into the slow cooker.

Add the bay leaf and onion. Cover and cook on high for 2 1/2 hours or on low for 5 hours. Chicken should be very tender. Discard the bay leaf. Serve with rice.