First Place
0.6 Kilowatt Crockpot Coq Au Vin

Prep Time: 20 minutes
Cooking time: 5-6 hours in a slow cooker
Makes: 6 servings

You will need:
A 5-6 quart slow cooker, and these ingredients:

12 oz. chicken broth or red wine
2 tsp herbes de Provence
2 tsp salt
1 tsp ground white pepper
1/2 tsp black pepper
3/4 cup tomato paste
3 tbsp almond flour or wheat flour
3 pounds boneless, skinless chicken thighs
1 1/2 cup trimmed pearl onions or 1 cup coarsely chopped white onion
2 carrots chopped
2 celery stalks chopped
1 1/2 cup button mushrooms
5-6 slices of bacon coarsely chopped (uncooked)
2 cloves of garlic minced

In the slow cooker, whisk together the wine, herbs de Provence, salt and peppers. In a separate bowl, mix together the tomato paste and almond meal until smooth. Add this to the wine mixture, then add all remaining ingredients and stir to coat.

Cook for 5-6 hrs on low in covered slow-cooker, or about 3 hrs on high.

Serve with noodles or potatoes and something green!

"This recipe is a tasty traditional entree made easy and energy efficient. As the title suggests, it adds only about 6 cents (0.6 kWh) to your energy bill. And, it is gluten free and wheat free if you use almond flour! This recipe is similar to one my mother makes, and it uses one slow-cooker instead of several burners and lots of laboring with each step of traditional Coq Au Vin.

“It is great to know you can make a hot, delicious dinner without cooking away the kilowatts!",