



Creamy Crockpot Chicken Pasta

Crockpot recipes that are family friendly make your healthy dinners so much easier! This is one your entire family will love because you can serve it with any type of “noodle”. Choose a Keto or low carb option for you and a regular noodle for other family members.

We use our favorite [Rao's](#) marinara, add in an [alfredo sauce](#) and toss it all in the crockpot with chicken. The result is a delicious, creamy chicken that is perfect to serve over a Keto pasta, like these [Lupini noodles](#), for you and regular pasta for anyone else that may not eat Keto.

Need a pasta suggestion? Check out tips below!

Recipe:

1.5 lbs of Chicken
2 Cups of [Rao's](#) 1 Cup [Rao's Alfredo](#)
1 teaspoon Onion powder
1 teaspoon Garlic powder
1 Tablespoon Italian seasoning

3 hours on high or 6 hours on low
Shred Chicken

*If you are using only 1 type of pasta:
Add 3 cups cooked Pasta
Top with 1 Cup shredded mozzarella cheese
Let melt for 10 minutes before serving



*If you are using multiple type of pasta (for example, some keto, some not), cook each type of pasta. Then, Add pasta to individual bowls
Spoon chicken over pasta and top with parmesan or shredded mozzarella cheese.

The Keto Dad Tips:

- Rao's is our favorite brand (we get it from Costco) but choose any marinara without added sugar or oils.
- You can skip the noodles all together if that is your preference!
- Serve with a big side salad for veggies.
- Aviate makes our favorite pasta noodles. You can find them on [Amazon!](#)

Macros are ONLY for the chicken and sauce. Not including the pasta you choose.

Serves 4

Macros: Calories 406 , Fat 20g, Carbs 8g, Fiber 1g (7 Net carbs) Protein 43g

SimpleFunKeto.com

Facebook: The Keto Dad Instagram: @theketodadlife YouTube: The Keto Dad