

## Non-Dairy Cream Mushroom and Chicken Casserole



We love casseroles, especially if we can pop them in the slow cooker so we've something warm and welcoming to come home to after skating!

This is my version on a fairly classic combination - cream and mushrooms. I've used Oately Cream here - but do use Soya if you want gluten free as well as dairy free. I really must remember not to refer to meat/poultry dairy free recipes as vegan!

Free From: [Dairy](#), [Eggs](#), [Soya](#)

### Ingredients

8 Chicken Thighs

1/2 onion - finely chopped

6 rashers of bacon - chopped

250g mushrooms - sliced (I like a mix of chestnut and wild)

1/3 cup white wine

1/4 cup chicken stock

1 tbs margarine (Pure)

1 tbs gluten free flour (or wheat flour if you can tolerate it)

500 ml Oately Cream

## Method

Preheat the oven to 170°C, or 350°F, or set slow cooker to low

Brown the chicken in a casserole dish. This takes time. Throw in some olive oil or veg oil and brown three pieces at a time without crowding. Don't rush this bit.

Take the chicken out as it's browned and put to one side or put in the slow cooker if you are using.

Brown the bacon, when cooked remove with a slotted spoon and put with the chicken

Brown the mushrooms in the bacon fat - only a few minutes is needed. Again remove and put with the chicken.

Cook the onions until transparent but not brown. Remove and put with the chicken.

Add the flour and margarine and whisk together. Slowly add in the wine and stock whisking all the time.

Add in the Oately Cream. Now if you are using a slow cooker put everything into the slow cooker and set on low. It takes about 4 hours to bubble away and for the chicken to become tender and falling off the bone.

If you are cooking in the oven, then return everything to the casserole and pop in the oven for 1 1/2 hours. After 45 minutes check on the chicken, taste and add salt and pepper.

You end up with a wonderful casserole with soft chicken and a lovely sauce.

Serve with rice and green beans.

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