



## CROCKPOT CHICKEN CACCIATORE

By Dr. Cindy Tanzar  
(Standard & Maintenance Plans)

This classic Italian dish is very easy and packed full of flavor. Adapted from a recipe on Wholesome Yum, this dish will be great for the whole family with minimal effort. If you're short on time, just follow the Fast instructions, as it is still very good.

Makes 3-4 servings. One serving (per your individualized recommendations of 3-4 oz) covers your protein for one meal. Use as much sauce as you like, counting it as a cooked vegetable. If you use 1/3 cup, add another 2/3 cup cooked a vegetable to your meal to make it complete



### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 tsp. Pink Himalayan salt or Redmond's Real Salt
- 1/4 tsp. black pepper
- 1 small onion, diced
- 1 large red Bell pepper, diced
- 3-4 cloves garlic, minced
- 1-14.5 oz can diced tomatoes, drained
- 1 Tbsp fresh (or 1 tsp dried) rosemary
- 1 Tbsp fresh (or 1 tsp dried) thyme
- 1 medium Bay leaf



## **INSTRUCTIONS**

### **FAST METHOD:**

Season the chicken breasts with salt and pepper and place into the crockpot.

In a medium bowl combine the onion, Bell pepper, garlic, diced tomatoes, rosemary, and thyme. Pour the sauce evenly over the chicken, then place a bay leaf in the center.

Cover and cook for 3-4 hours on high or 5-6 hours on low, depending on the size of your chicken breasts. Cooking too long can dry out the chicken.

For a thicker sauce, remove the chicken and cook for an additional hour on low; or you could also sprinkle a little (1/4-1/2 tsp) xanthan gum (thickener found at Walmart/Kroger/health food store) lightly over the top and mix it in. No need to cook if you do this, as it thickens with the heat alone

### **MORE FLAVORFUL METHOD:**

Season the chicken breasts with salt and pepper. Heat a tablespoon of avocado oil in a large skillet on medium-high heat. Sear the chicken for a few minutes on each side until browned. Do not cook all the way through. Place the chicken in the crockpot.

Add 1 tablespoon of avocado oil to the pan, along with the onions and red pepper. Sauté for 7 to 10 minutes until soft and browned. Add garlic and sauté one minute.

Add the tomatoes, rosemary and thyme, mix, then pouring over the chicken. Place the bay leaf in the center.

Use the same cooking time as above.