



SLOW COOKER CHICKEN CACCIATORE

By Dr. Cindy Tanzar
(Standard/Maintenance)

Chicken Cacciatore is a classic Italian dish and one of the best comfort dishes of all time. It has hundreds of different versions, all coming together to create a rustic braise of chicken, vegetables and tomatoes. This particular recipe is very quick and easy, allowing for easy assembly before work. Just throw everything into the slow cooker/crockpot and walk away. You can always add some kale to the dish for some leafy greens and a bit of variety, or serve with a side of zucchini noodles or spaghetti squash.

Makes 6 servings. One serving of protein is 3 oz. of chicken and one serving of vegetable is one cup of sauce plus other cooked vegetables per meal. Try 1/2 cup of sauce and half a cup of cooked zucchini or spaghetti squash, or 1/4 cup sauce and 3/4 cup cooked veggies. Drizzle 1 Tbs. of extra virgin olive oil over the top for a serving of fat, if desired.



INGREDIENTS

4 Boneless chicken breast halves or 6 thighs
1-28 oz. jar spaghetti sauce (low to no sugar added)
1-6oz. can tomato paste



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1/4 lb. sliced fresh mushrooms
1/2 large yellow onion, diced
1/2 green bell pepper, sliced into strips
1/2 red bell pepper, sliced into strips
1 bay leaf
2 Tbs. minced garlic
1-1/2 tsp. dried oregano
1/2 tsp. dried basil
1/2 tsp. ground black pepper
1/2 tsp. pink Himalayan salt
1/4-1/2 tsp. crushed red pepper flakes (optional)

INSTRUCTIONS

Place chicken in a slow cooker/crockpot. Stir together spaghetti sauce, tomato paste, mushrooms, onion, peppers and spices and pour over chicken.

Cover and cook on low 6-8 hours.