

# CROCKPOT CHICKEN CACCIATORE

Serves 6

## Ingredients:

38oz chicken (roughly 2.5lbs), cut into 6 roughly equal sized pieces (this is 2 large breasts from SAMS Club)  
1 medium - large onion, thinly sliced  
2 (6 ounce) cans tomato paste  
1 15oz can Stewed Tomatoes  
8 ounces sliced mushrooms  
1 green bell pepper, finely chopped  
4 garlic cloves, minced  
1 Tablespoon oregano  
1 Tablespoon dried basil  
1 teaspoon thyme  
1/2 teaspoon salt  
1/2 cup dry white wine (I used Chardonnay)  
1 teaspoon crushed red pepper flakes (optional)

## Directions:

1. Place ½ of sliced onions in bottom of crock pot.
2. Add chicken pieces.
3. Stir the other ½ of onions and all the other ingredients together
4. Pour over chicken.
5. Cook on low heat 7 to 9 hours or high heat for about 3 to 4 hours. (NOTE- Totally depends on your crockpot, use your judgment and check the chicken because you don't want to overcook it)
6. Serve over pasta or rice.

## **Nutritional Information (makes roughly 6 servings of 6oz chicken + sauce)**

Calories: 322

Fat: 3g

Protein: 37g

Carbohydrate: 22g

Sodium: 402mg

Cholesterol: 87mg

Potassium: 903mg

Sugar: 11g

Fiber: 6g

Iron: 24%

Vitamin A: 19%

Vitamin C: 52%

Calcium: 3%