



Chicken Cacciatore

Ingredients

3 pounds skinless chicken breast, legs and thighs

2 medium onions, sliced

8 oz sliced mushrooms

2 green or red peppers, cut into strips

3 cloves fresh garlic, minced (or 1 ½ teaspoons minced garlic in the jar)

14.5 oz can low sodium tomato sauce

14.5 oz can low sodium diced tomatoes

½ teaspoon dried basil

1 teaspoon dried oregano

¼ teaspoon pepper

½ teaspoon salt

This recipe can be made in a slow cooker or the oven. If cooking in an oven, preheat to 225 degrees. Place onions, mushrooms, and peppers on bottom of the slow cooker or pan with a lid if you are cooking in the oven. Lay chicken pieces over the vegetables. Combine remaining ingredients in a bowl. Pour over chicken. Cook in the slow cooker on low or oven for 6-7 hours. If you want to cook it faster you can put in the oven at 325 degrees for 2-3 hours. Serves 10.

Nutrition Information (per 1 cup serving):

- Calories-352
- Protein-34 grams
- Carbohydrates-15 grams
- Fiber-4 grams
- Fat-9 grams
- Sodium-500 mg (based on canned tomatoes with 150 mg sodium per ¼ cup; sodium content varies with brand of canned tomatoes used)