

Crock Pot Chicken Cacciatore

Serving size: 1 serving of chicken & 1 cup sauce; makes 6 servings

Prep time: 15 minutes

Cook time: 4 hours

Total time: 4 hours and 15 minutes

Ingredients

- 1 onion (sliced)
- 1 green bell pepper (seeded and sliced)
- 2 can tomato paste (6-ounce, no salt added)
- 1 can tomatoes (14.5-ounce, diced)
- 3 clove garlic (minced)
- 1 tablespoon Italian seasoning
- 6 medium chicken thighs (skins removed)



Preparation

1. Place all the ingredients in a crock pot.
2. Cook on high for 4 hours.
3. Serve the chicken over whole wheat rotini pasta if desired.

Nutritional Facts:

Per serving, Calories 170
Total Fat 5g
Saturated Fat 1.5g
Cholesterol 70mg
Sodium 200mg
Total Carbohydrate 18g
Dietary Fiber 4g
Total Sugars 10g
Protein 16g
Potassium 940mg

Adjusted from: <https://www.diabetesfoodhub.org>