

CROCK-POT CHICKEN CACCIATORE

INGREDIENTS:

1 ½ lbs boneless, skinless chicken breasts, cubed
½ lb fresh mushrooms, stems removed and cut in half
1 green bell pepper, chopped
1 small white onion, chopped
2 tomatoes, chopped (can substitute with a 12oz can of diced or chopped tomatoes)
6oz. can tomato paste
8oz can tomato sauce
1 tsp dried oregano
1 tsp dried basil
1 tsp garlic powder
1 tsp black pepper
½ tsp salt

DIRECTIONS:

1. Combine all ingredients in crock-pot and stir to evenly mix
2. Cover crock-pot and cook on low heat 5 hours
3. Serve over whole wheat pasta or rice

Serves 6

BRIAN KELLY
FITNESS