

Slow Cooker Chicken Cacciatore

Recipe Source: Adapted from Passion for Savings

Ingredients:

1 cup onion, sliced
1 cup bell pepper, sliced
4 small boneless, skinless chicken breasts
1 jar (about 25 ounces) spaghetti sauce, low-sodium or heart-healthy
1 can (about 15 ounces) diced tomatoes, no added salt
1 teaspoon garlic powder
Half of 1 lb. box of whole-grain pasta, cooked *not needed until day of cooking

Directions:

1. Label your 1-gallon freezer bag with the name, cooking instructions, and use by date (3 months from today).
2. Place onion, bell pepper and chicken breasts in freezer bag.
3. Add spaghetti sauce, tomatoes and garlic powder to bag.
4. Remove as much air as possible from bag, seal, and lay flat in your freezer.

Makes 4 servings. Serve over cooked pasta with a side salad.

To Use: The day before cooking, move bag to refrigerator to thaw completely. Place contents in a slow cooker, then cook on high for 4 hours or low for 6-8 hours. (*The safe internal temperature for cooked chicken is 165° Fahrenheit). Serve over cooked pasta.

Prep ahead to save time at class:

Slice onion and bell pepper, put in plastic bag and refrigerate.

Tip: Use an empty coffee can or wide mouth half gallon Mason jar to hold the bag upright while filling it with ingredients.

Kitchen Equipment Needed:

Knife
Cutting board
Can opener
Measuring cups and spoons

Nutrition Information per serving: calories 520; total fat 8g; sodium 130mg; total carbohydrate 68g; fiber 6g; protein 49g.