

# Chicken Cacciatore

## Ingredients

- 1 pound boneless skinless chicken breast (bite size pieces)
- ¼ tsp salt and pepper
- 2 cups chopped green bell peppers
- 2 cups mushrooms
- 1 cup chopped onions
- 1 ½ tbsp. minced garlic
- 2 ½ cup crushed tomatoes
- 1 tsp Italian seasoning
- 1 tsp onion powder
- Optional:* red pepper flakes

## Nutrition Facts

Servings: 4

Amount per serving

**Calories** **327**

% Daily Value\*

**Total Fat** 9.1g **12%**

Saturated Fat 2.4g **12%**

**Cholesterol** 102mg **34%**

**Sodium** 403mg **18%**

**Total Carbohydrate** 22.6g **8%**

Dietary Fiber 6.9g **25%**

Total Sugars 13.9g

**Protein** 38.9g

## Directions

1. Bring a large pot sprayed with nonstick spray to medium-high heat. Add chicken, salt, and pepper. Cook for 3 minutes
2. Add bell peppers, mushrooms, onion, and garlic. Cook and stir until vegetables have softened and chicken has fully cooked, about 10 minutes
3. Add tomatoes, Italian seasoning, and onion powder.
4. Cook and stir until hot, about 2 minutes