

Crock Pot Chicken Cacciatore

Ingredient:

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

Directions:

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

Nutrition Facts

6 Servings

Serving Size

1 chicken thigh + 1 cup sauce

Calories170

Total Fat 5g

Saturated Fat 1.5g

Cholesterol 70mg

Sodium 200mg

Total Carbohydrate 18g

Dietary Fiber 4g

Total Sugars 10g

Protein 16g