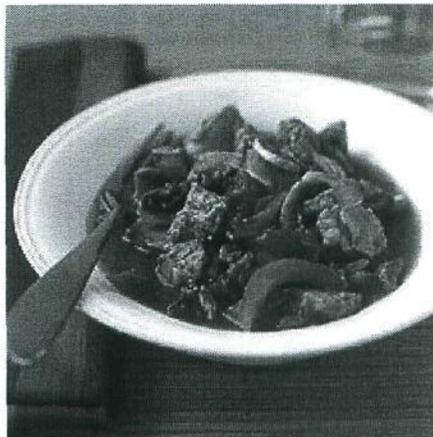




Slow Cooker Chicken Cacciatore



main meals

POINTS® Value: 4

Servings: 4

Preparation Time: 15 min

Cooking Time: 480 min

Level of Difficulty: Easy

Serve this classic Italian stew plain or over whole-wheat penne. For a spicier flavour, add a pinch of crushed red pepper flakes at the start of cooking.

Ingredients

- ◆ 1 pound(s) skinless chicken thigh(s), boneless, cut into bite-size pieces
- ◆ 1 cup(s) mushroom(s), sliced (fresh, frozen or canned)
- ◆ 1 cup(s) green pepper, sliced (fresh or frozen)
- ◆ 1 cup(s) onion(s), chopped (fresh or frozen)
- ◆ 1 large garlic clove(s), minced
- ◆ 1 Tbsp canned tomato paste
- ◆ 14 1/2 oz canned crushed tomatoes, fire-roasted
- ◆ 1/4 cup(s) red wine, dry-variety
- ◆ 3/4 tsp dried oregano, crushed
- ◆ 3/4 tsp table salt, divided
- ◆ 1/4 tsp black pepper

Instructions

Place chicken in a 3- to 5-quart slow cooker. Add mushrooms, green pepper, onion, garlic, tomato paste, tomatoes and juice, wine, oregano, 1/2 teaspoon of salt and black pepper.

Cover slow cooker; cook on high heat for 5 to 6 hours or on low heat for 6 to 8 hours. Taste just before serving and add remaining 1/4 teaspoon of salt if