



## Chicken Cacciatore In The Crock Pot My Way

When looking up Chicken Cacciatore recipes the common denominator is always the chicken, garlic, onions and tomato sauce. Well, I threw all of that into the crock pot along with lots more veggies for a one dish meal that is sure to please everyone in the family, or at least 6 portions for yourself which will freeze nicely.

### Ingredients:

- 1 pound of Boneless, Skinless Chicken Breasts or Chicken Tenders
- 1 Twenty Four ounce Jar of Pasta Sauce (I used Trader Joe's Organic Basil Marinara Sauce which was 56 Calories Per 1/2 cup For This Recipe)
- 2 cups Baby Squash quartered (I buy bags of this from Costco-I Love Baby Summer Squash)
- 1 Can Trader Joe's Artichoke Hearts Packed In Water, Drained and quartered
- 7 Sweet Mini Peppers Sliced
- 1 Medium Onion Sliced Thin
- 4 Cloves Garlic Minced (I use frozen garlic that I get from Trader Joe's)
- 1 teaspoon Italian Seasoning
- 1/2 teaspoon Dried Red Chili Peppers (Some like it hot and spicy - I know I do)

### Directions:

1. Starting with the chicken layer all the ingredients in a crock pot finishing with the pasta sauce and spices
2. Cook on low for about 6 hours until chicken is cooked through, stirring to combine all the ingredients once about 1/2 way through if possible. (if not- stir before serving)
3. Serve, topping each serving with 1 tablespoon grated parmesan cheese

**Nutrition:** Makes 6 servings, each with approximately

- **215 calories and**
- **23 grams protein**