



Chicken Cacciatore

Prep Time: 20 minutes

Cook Time: 8.5 hours



**DAIRY
FREE**



**NUT
FREE**



**EGG
FREE**



**GLUTEN
FREE**



**SOY
FREE**

You Will Use

- 2 Bell peppers, seeded and chopped
- 1 Onion, diced
- 2 Garlic cloves, finely chopped
- 4 Carrots, peeled and chopped
- 2 Cups (500 mL) Mushroom, sliced
- 6 Chicken thighs, bone-in
- 1 Can (796 mL) Crushed tomatoes
- 1 tsp (5 mL) Italian seasoning
- 1 tsp (5 mL) Salt

You Will Need

- Cutting board
- Knife
- Garlic press (optional)
- Can opener
- Slow cooker
- Mixing spoon

Tips and Tricks

- Chicken is cooked when internal temperature reaches 165°F (74°C).
- Serve with:
 - Rice
 - Noodles
 - Spaghetti squash



bell pepper



onion



garlic



carrots



mushrooms



chicken
thighs



crushed
tomatoes



Italian
seasoning



salt



1. Wash and prepare vegetables: (a) seed and chop bell peppers, (b) dice onion, (c) finely chop garlic, (d) peel and chop carrots.



1. Wash and prepare vegetables (continued): (e) slice mushrooms.

2. Add all ingredients to slow cooker. Cook on LOW for 8 hours.

3. Remove chicken from slow cooker. Remove bone and any loose skin. Add meat back into slow cooker.



4. Mix and set on HIGH for 30 minutes.

5. Serve and enjoy.