

COURTESY ROCKINGHORSE HOME DAY CARE

crock pot chicken cacciatore

This is a great dish for busy families, it's rich in flavor, hearty and simple.

YOU WILL NEED

4 skinless chicken thighs
1 medium brown onion, chopped
3 cloves garlic, chopped
1 8 oz pk crimini mushrooms, sliced w/stem
1 28-oz can Marzano tomatoes, chopped
1 large green bell pepper, diced
1T plus 1/2 tsp balsamic vinegar
S&P, garlic powder, onion salt, oregano
olive oil - 1T plus 2tsp

PROCEDURE

1) Turn on slow cooker (see tips). 2) Season chicken with S&P, brown in skillet on high using 1T hot oil, about 3-4 min, flip, cook 2 min. Remove and place in oil sprayed slow cooker. 3) Wipe skillet, turn heat to medium, add 2tsp oil, add onions, saute 3 min, add garlic and 1T balsamic, saute 1 min then add to crock pot. 4) Add undrained tomatoes, bell peppers, mushrooms and approx 2 tsp each seasoning to slow cooker. 5) Slow cook with lid on. 6) When chicken is done, remove and set aside, 7) Set/keep slow cooker on high. 8) Add 1/2 tsp balsamic to sauce, keep lid off and simmer about 1hr, stir occasionally scraping sides. 9) Once chicken cools, shred and return to sauce once sauce is the desired thickness. Add more seasoning at this time while chicken warms up.



TIPS

Serving Suggestions

Rice, pasta, mashed potatoes, spaghetti squash, zucchini noodles or try serving in a warm sourdough bowl and use the interior bread to dip into yummy sauce.

Cooking Time

High 3-4hrs.

Low 5-6 hrs.

Breasts take approx. 30-60 min less.

Also if doing breast you can leave whole to serve.

Make a double batch and freeze leftovers to enjoy on those cold winter days.