

Crock Pot Chicken Cacciatore

Servings: 6

Prep Time: 15 minutes

Cook Time: 4 hours

Ingredients

- 1 15oz can fire roasted diced tomatoes
- 1 6oz can of tomato paste
- ½ cup low-sodium chicken broth
- 2 teaspoons Italian seasoning
- 1 tbsp of minced garlic
- ½ teaspoon of crushed red pepper flakes (optional-less heat)
- ½ teaspoon of salt
- 1 medium red bell pepper, diced
- 1 medium white onion, diced
- 6 boneless, skinless chicken thighs (about 1 ½ - 2 lbs)
- Pasta, your choice, for serving. I like angel hair spaghetti.

Instructions

- Place the canned tomatoes, tomato paste, chicken broth, Italian seasoning, garlic, sat, and red pepper flakes in the bottom of a slow cooker (crock pot). Stir and create the sauce.
- Add the bell pepper, onion, and chicken thighs to the slow cooker. Toss to coat in the sauce
- Cook on HIGH for 3-4 hours until the vegetables are tender and the chicken is cooked thoroughly (can shred with a fork)
- Serve the whole chicken over prepared/cooked pasta. You can also shred the chicken and then serve over the pasta.