



BUDGET FRIENDLY RECIPES

Chicken Cacciatore in a Slow Cooker

By Robin Asbell

Serves 6. Prep time: 1 hour active; 8 hours total.

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| 1 14-ounce can Woodstock
diced tomatoes | 1 teaspoon dried oregano |
| 1 large onion, chopped | ½ teaspoon salt |
| 1 medium green pepper, chopped | ½ cup dry red wine |
| 1 medium zucchini, sliced | ½ cup Field Day chicken broth |
| 2 ribs celery, chopped | 4 ounces Muir Glen tomato paste |
| 3 cloves garlic, chopped | 6 chicken legs, skinless |
| 1 teaspoon dried basil | 2 cups brown rice |

Preparation

In a large slow-cooker, combine the tomatoes, onion, green pepper, zucchini, celery, garlic, basil, oregano, salt, red wine, chicken broth and tomato paste. Stir to mix, then add the chicken legs and press down to cover them with the vegetable and spice mixture as much as possible. Set the cooker on low and cook for 7 hours.

Start cooking the rice on the stove about 45 minutes before the chicken is finished cooking, using approximately 4 cups of water for the 2 cups of rice.

When chicken is cooked, taste and add salt and pepper as needed. Serve a cup of cooked brown rice in a wide bowl or pasta plate, with a chicken leg and vegetable sauce.

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Ingredient checklist

PRODUCE

- Onion
- Green pepper
- Zucchini
- Celery
- Garlic

BULK

- Brown rice

GROCERY

- Woodstock diced canned tomatoes
- Dry red wine
- Field Day chicken broth
- Muir Glen tomato paste

MEAT/SEAFOOD

- Chicken legs

SPICES/SEASONINGS

- Basil
- Oregano
- Sea salt

Serving suggestion

Cacciatore is Italian for “hunter’s chicken,” and it’s a classic, simple way to prepare poultry. This version has added vegetables and makes use of inexpensive leg pieces, which stew to tender perfection in the slow-cooker. Serving the flavorful sauce over brown rice stretches the meat, and makes use of every drop of chickeny goodness.

Nutritional information per serving

457 calories	63 g. carbohydrate
9 g. fat	4 g. fiber
74 mg. cholesterol	25 g. protein
476 mg. sodium	

Estimated cost

Total:	\$15.21
Cost per serving:	\$2.54

The nutritional values and information are approximations, and ingredient costs are estimated.