

Chicken

Chicken Cacciatore, Savory Slow-Cooked

Swanson

Servings: 6

Preparation Time: 20 minutes

Cook time: 7 hours 20 minutes

1 tablespoon olive oil
3 pounds chicken parts, skin removed
4 cloves garlic, minced
2 teaspoons Italian seasoning, crushed
1 can (28 oz) crushed tomatoes in puree'
1 pound mushrooms, cut in half
2 large onions, chopped
1 medium green pepper, cut into 2-inch-long strips
1 1/2 cups chicken stock
1/4 cup cornstarch
1 pkg (16 oz) pappardelle or fettucine, cooked and drained

Heat oil in a 12-inch skillet over medium-high heat. Add chicken and cook until well-browned on all sides.

Stir garlic, Italian seasoning, tomatoes, mushrooms, onions, pepper and one cup of the stock in in a 6-quart slow cooker. Add chicken and turn to coat.

Cover and cook on LOW 7 to 8 hours or until chicken is cooked through. Remove chicken from cooker and keep warm.

Stir cornstarch and remaining stock in a small bowl until mixture is smooth. Stir cornstarch mixture into cooker. Cover and cook on HIGH for 10 minutes or until mixture boils and thickens.

Serve with chicken and pappardelle.

Per Serving (excluding unknown items): 87 Calories; 3g Fat (27.3% calories from fat); 2g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 542mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.