

Italian-Style Chicken and Potatoes

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Servings: 8

Preparation Time: 15 minutes

Slow cooker time: 4 hours

1 package (4 pounds) bone-in meaty chicken pieces, skin and excess fat removed

3 tablespoons all-purpose flour

2 cups mushrooms, thinly sliced

2 carrots, peeled and chopped

1 large (12 oz) potato, peeled and cut into 1/2-inch pieces

1 large green pepper, seeded and chopped

1 large onion, chopped

2 cans (14.5 oz each) diced tomatoes, drained

1/2 cup white wine

3/4 teaspoon Italian seasoning

2/3 cup tomato sauce

1/3 cup fresh basil leaves, chopped

1/4 teaspoon salt

1/4 teaspoon black pepper

Pat the chicken dry with paper towels. Toss together the chicken and flour.

Place the chicken in the slow cooker bowl with the mushrooms, carrots, potato, green pepper, onion, tomatoes, wine and Italian seasoning.

Cover and cook on HIGH for 4 hours or on LOW for 6 hours.

Stir in the tomato sauce, basil, salt and pepper.

Serve immediately.

Per Serving (excluding unknown items): 63 Calories; trace Fat (5.5% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 196mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 0 Fat.