

slow cooker

CHICKEN CACCIATORE

FREEZER BAG INGREDIENTS

1 large red pepper, sliced
1 large green pepper, sliced
5 cloves garlic, minced
1.5 lbs. boneless, skinless chicken breast
½ large yellow onion, sliced
1 3.8-oz. can sliced black olives, drained
1 15-oz. can tomato sauce
1 15-oz. can diced tomatoes
2 tablespoons balsamic vinegar
1 tablespoon Italian seasoning
salt, to taste

COOKING INGREDIENTS

6 sprigs fresh thyme
6 sprigs fresh rosemary
Optional: 8 oz. of your favorite pasta

FREEZER BAG DIRECTIONS

1. Create sauce by mixing together tomato sauce, diced tomatoes, balsamic vinegar, Italian seasoning and salt.
2. Then, place chopped peppers, minced garlic, chopped onion, olives, and whole chicken breasts into a freezer safe gallon-sized bag.
3. Pour sauce on top and then remove as much air from the bag as possible and seal tightly.
4. Freeze for up to 3 months.

COOKING DIRECTIONS

1. Thaw freezer bag in the fridge overnight.
2. Once thawed, place contents of the bag in slow cooker and mix.
3. Then, create a fresh herb bundle by tying 6 sprigs of rosemary and 6 sprigs of thyme together with bakers twine. Set on top of other ingredients in slow cooker. Option to skip this step and add 1 more tablespoon of Italian seasoning.
4. Cover slow cooker and cook on high for 3-4 hours or on low for 6-8.
5. Once the chicken is fully cooked, remove and shred. Then, add chicken back in and mix.
6. Serve over your favorite pasta or eat as is. Top with a little balsamic vinegar and parmesan cheese.

