Slow Cooker Chicken Cacciatore

Prep: 20 minutes | Cook: 4 hours (slow-cooker) |

Yield: 8 servings | Serving Size: 1 cups

Ingredients

8 bone-in, skinless chicken thighs

3-4 tablespoons olive oil

1 medium onion, chopped

5 cloves garlic, minced

1 (28oz) can crushed tomatoes

1 bell pepper, chopped

8 oz sliced mushrooms

2 teaspoons thyme

2 bay leaves

2 teaspoons parsley

Parmesan cheese, optional

Directions

1. In a large pan heat olive oil, cooking chicken for 3-4 minutes on each side or until chicken is browned. Transfer to crockpot.

2. After all chicken has been browned, add onion and garlic and cook 3-4 minutes and transfer to crockpot.

3. Add crushed tomatoes, peppers, mushrooms, thyme and bay leaves to crockpot and stir to combine. Cover with lid and cook on high for 4 hours or low for 8 hours or until internal temperature of chicken reaches 165F.

4. Discard bay leaves. Remove chicken from bone, shred and return to crockpot. Stir in parsley.

5. Top with Parmesan cheese, optional.

Recipe Notes

- Serve over whole grain such as quinoa, pasta or rice.

- Great for meal prep or freeze extras for later.