



CHICKEN CACCIATORE w/POTATOES

This easy healthy slow cooker chicken cacciatore is a tasty crockpot recipe with fantastic Italian flavors AND it has the added bonus of baby potatoes.

INGREDIENTS

- 6 chicken thighs bone-in, skin on or off
- Salt and pepper to season
- 2 T olive oil (more if needed)
- 2 pounds baby potatoes quartered
- 2 T minced garlic (6-8 cloves)
- 1 medium onion roughly chopped
- 1 yellow pepper, deseeded and diced
- 1 red pepper, deseeded and diced
- 2 carrots peeled and sliced
- 14 oz can crushed tomatoes
- 14 oz bottle tomato sauce or puree
- 2 T tomato paste
- 1 C sliced mushrooms
- ½ C pitted black olives
- 2 T freshly chopped parsley
- 1 tsp each dried basil and oregano
- 1 beef bouillon cube crushed
- 1 C red wine (optional -- substitute with beef broth IF DESIRED)
- 1 tsp salt (adjust to your taste)
- pepper (adjust to your taste)
- ½ tsp red pepper flakes (optional)



INSTRUCTIONS

1. (OPTIONAL STEP): Season chicken with salt and pepper. Heat a small amount of oil in a pan or skillet. Sear skin-side down (if using skin on thighs) first for 3 minutes, until deep golden brown. Rotate and sear the other side for a further 3 minutes.
2. Arrange the potatoes in a 6qt slow cooker bowl in single layer. Place the chicken over the potatoes and add the rest of the ingredients over the chicken (except olives and mushrooms).
3. Stir to combine; cover and cook on high for 4 hours, or low for 8 hours, until the chicken is tender and falling off the bone.
4. Add in the mushrooms and olives in the last 30 minutes of cooking. Season with extra salt, to your tastes and serve.
5. Serve over rice, pasta, zoodles or spaghetti squash.