

Chicken 'n Olives

No Hassle Crockpot Meals

Mastercook Deluxe version 9.0.00.20

Servings: 6

3 pounds chicken pieces, cut into serving-size pieces

salt and pepper

1 garlic clove, minced

1 large onion, chopped

2 bay leaves

3/4 cup beer

8 ounces tomato sauce

1/2 cup pimiento-stuffed olives

cooked rice to accompany

Rinse chicken pieces and pat dry. Lightly season with salt and pepper. Combine all ingredients except chicken and rice in crockpot; stir well. Add chicken pieces, coating well; be sure all chicken is moistened. Cover and cook on low setting for 7 to 9 hours. Serve with rice.

Per Serving (excluding unknown items): 206 Calories; 8g Fat (37.7% calories from fat); 24g Protein; 6g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 415mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 0 Fat.