

# Greek Chicken Stew

*Best Slow Cooker Recipes*  
*Pillsbury Classic Cookbooks #370*

*2 cups ready-to-eat baby-cut carrots,  
cut in half lengthwise if large*  
*1 bag (one pound) frozen small whole  
onions, thawed*  
*6 large chicken thighs, skinned*  
*1 teaspoon ground cinnamon*  
*1/2 teaspoon salt*  
*1/2 teaspoon pepper*  
*2 cloves garlic, finely chopped*  
*2 cans (14.5 ounce ea) organic diced  
tomatoes, undrained*  
*1/3 cup tomato paste*  
*2 teaspoons grated lemon peel*  
*1/2 teaspoon dried oregano leaves*  
*1/4 cup fresh parsley, chopped*

Spray a four- to five-quart slow cooker with cooking spray.

Place the carrots and onions in the slow cooker. Top with the chicken. Sprinkle with the cinnamon, salt, pepper and garlic. Top with the tomatoes.

Cover and cook on LOW heat setting for seven to nine hours or until the vegetables are tender and the chicken pulls apart easily with a fork.

Remove the chicken with a slotted spoon. Cover to keep warm.

Stir the tomato paste, lemon peel and oregano into the slow cooker. Cover and cook about 15 minutes longer or until thickened and hot.

Meanwhile, remove the chicken from the bones and discard the bones. Shred the chicken using two forks. Stir the chicken into the mixture in the slow cooker.

Sprinkle individual servings with parsley.

---

Per Serving (excluding unknown items): 1287 Calories; 87g Fat (61.1% calories from fat); 102g Protein; 23g Carbohydrate; 6g Dietary Fiber; 474mg Cholesterol; 2188mg Sodium. Exchanges: 0 Grain(Starch); 13 1/2 Lean Meat; 4 Vegetable; 0 Fruit; 9 Fat.

Slow Cooker, Soups, Chili and Stews

**Calories (kcal):** 1287  
**% Calories from Fat:** 61.1%  
**% Calories from Carbohydrates:** 7.1%  
**% Calories from Protein:** 31.8%  
**Total Fat (g):** 87g  
**Saturated Fat (g):** 25g  
**Monounsaturated Fat (g):** 36g  
**Polyunsaturated Fat (g):** 19g  
**Cholesterol (mg):** 474mg  
**Carbohydrate (g):** 23g  
**Dietary Fiber (g):** 6g  
**Protein (g):** 102g  
**Sodium (mg):** 2188mg  
**Potassium (mg):** 2031mg  
**Calcium (mg):** 163mg  
**Iron (mg):** 9mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** 77mg  
**Vitamin A (i.u.):** 3722IU  
**Vitamin A (r.e.):** 538RE

**Vitamin B6 (mg):** 1.8mg  
**Vitamin B12 (mcg):** 1.7mcg  
**Thiamin B1 (mg):** .4mg  
**Riboflavin B2 (mg):** 1.0mg  
**Folacin (mcg):** 83mcg  
**Niacin (mg):** 33mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 13 1/2  
**Vegetable:** 4  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 9  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1287 **Calories from Fat:** 786

### % Daily Values\*

<b>Total Fat</b>	87g	133%
Saturated Fat	25g	123%
<b>Cholesterol</b>	474mg	158%
<b>Sodium</b>	2188mg	91%
<b>Total Carbohydrates</b>	23g	8%
Dietary Fiber	6g	24%
<b>Protein</b>	102g	
<b>Vitamin A</b>		74%
<b>Vitamin C</b>		129%
<b>Calcium</b>		16%
<b>Iron</b>		53%

\* Percent Daily Values are based on a 2000 calorie diet.