

# **Italian-Style Chicken Stew**

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Family Circle Magazine - October 1, 2011

**Servings: 6**

**Preparation Time: 15 minutes**

**Cook time: 8 hours**

**2 pounds skinless chicken thighs**  
**1 1/2 teaspoons dried Italian seasoning**  
**3/4 teaspoon garlic salt**  
**1/4 teaspoon black pepper**  
**1 large onion, thinly sliced**  
**1 can (14 1/2 oz) diced tomatoes**  
**1 cup reduced-sodium chicken broth**  
**2 tablespoons quick-cooking tapioca**  
**1 can (15 oz) cannellini beans, drained and rinsed**  
**1/2 cup black pitted olives, sliced**  
**1/2 cup fresh basil, torn into small pieces**  
**6 biscuits, following package directions**

Coat the slow cooker with nonstick cooking spray.

Place the chicken thighs in the slow cooker and season with the Italian seasoning, garlic salt and black pepper.

Scatter the onion over the chicken.

Stir together the tomatoes, broth and tapioca. Pour over the onions.

Cover and cook on HIGH for 5 and 1/2 hours or LOW for 7 1/2 hours.

Stir in the beans and olives. Cook an additional 30 minutes. Remove the bones.

To serve, stir in the basil and spoon over the biscuits.

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Per Serving (excluding unknown items): 434 Calories; 12g Fat (24.7% calories from fat); 30g Protein; 52g Carbohydrate; 7g Dietary Fiber; 74mg Cholesterol; 982mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.