

Chicken

Slow Chicken

Servings: 6

Vegetables such as potatoes and carrots can sometimes take longer to cook in a slow cooker than meat. Place evenly cut vegetables along the sides of the slow cooker when possible.

6 boneless, skinless chicken breasts
1 jar (26 oz) spaghetti sauce
1 medium onion, sliced
1 medium green pepper, seeded and cut into strips
4 carrots, sliced
1 rib celery, sliced
4 cloves garlic, minced
1/2 teaspoon salt
2 tablespoons water
1 tablespoon cornstarch

Combine chicken, sauce, onion, bell pepper, carrots, celery, garlic and salt in slow cooker. Cover; cook on LOW eight hours.

Before serving, combine two tablespoons water and one tablespoon cornstarch in small bowl. Stir until mixture is smooth. Add to slow cooker. Cook on HIGH fifteen minutes or until mixture thickens. If mixture needs additional thickening, add two more tablespoons of water and one tablespoon of cornstarch. Serve chicken and vegetables over mashed potatoes or noodles.

Serving Ideas: Serve with prepared mashed potatoes or hot cooked noodles.

Per Serving (excluding unknown items): 87 Calories; 2g Fat (20.9% calories from fat); 2g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 408mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 1/2 Fat.