

Taste of Home



Slow-Cooked Italian Chicken Recipe

★★★★☆

With its nicely seasoned tomato sauce, this enticing chicken entree is especially good over pasta or rice. "My father loved it when I made this," writes Deanna D'Auria of Banning, California.

TOTAL TIME: Prep: 20 min. Cook: 4 hours

YIELD: 4 servings

Ingredients

4 boneless skinless chicken breast halves (4 ounces each)

1 can (14-1/2 ounces) chicken broth

1 can (14-1/2 ounces) stewed tomatoes, cut up

1 can (8 ounces) tomato sauce

1 medium green pepper, chopped

1 green onion, chopped

1 garlic clove, minced

3 teaspoons chili powder

1 teaspoon ground mustard

1/2 teaspoon garlic salt or garlic powder

1/2 teaspoon onion salt or onion powder

1/2 teaspoon pepper

1/3 cup all-purpose flour

1/2 cup cold water

Hot cooked noodles

Directions

1. Place the chicken in a slow cooker. In a bowl, combine the next 11 ingredients; pour over chicken. Cover and cook on low for 4-5 hours or until chicken juices run clear.
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2. Remove chicken and keep warm. Pour cooking juice into a saucepan; skim fat. Combine flour and cold water until smooth; stir into juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over chicken and noodles. **Yield:** 4 servings.

Nutritional Facts

1 each: 231 calories, 3g fat (1g saturated fat), 63mg cholesterol, 818mg sodium, 22g carbohydrate (8g sugars, 3g fiber), 28g protein. **Diabetic**

Exchanges: 3 lean meat, 1 starch, 1 vegetable.

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