

Slow Cooker Italian Chicken



INGREDIENTS

MAIN DISH | MAKES 3-4 SERVINGS

- 4 Boneless Skinless Chicken Breasts
- Salt & Pepper
- 1/2 cup Chicken Broth
- 4 oz Tomato Paste
- 1 teaspoon Italian Seasoning
- 2 cups roughly chopped Tomatoes
- 1 teaspoon Minced Garlic
- 1/2 tablespoon Honey
- 3-4 cups of Vegetables (such as Spinach, Broccoli, Snap Peas, Asparagus, Zucchini & Squash)

ZOODLES | 1 serving | Optional Addition

- 1 Zucchini
- 1 pinch of Salt
- 2 tablespoons Pesto Sauce

OPTIONAL ITEMS TO SERVE WITH

- Zoodles
- Angel Hair Pasta
- Shredded Parmesan Cheese
- Shredded Mozzarella Cheese
- Red Pepper Flakes

INSTRUCTIONS

Adapted from Food, Faith, Fitness

- Salt & pepper chicken breast & set aside.
- Use a nonstick spray to spray the crockpot.
- Add chicken broth, tomato paste, Italian seasoning, minced garlic, & honey to the crockpot.
- Whisk together.
- Add chicken breasts on top
- Roughly chop tomatoes & add on top of the chicken.
- Cook on LOW for 2-3 hours (until chicken is nearly done)
- After 2-3 hours, remove chicken from slow cooker & set aside.
- Mash tomatoes to create a thicker sauce.
- Add 3-4 cups of vegetables (you can pick what mix of vegetable you use).
- Stir to coat vegetables.
- Return chicken to slow cooker on top of veggies & cook for an additional 30-45 minutes.

ZOODLES

- Use a spiralizer or peeler to create your zoodles.
- Lightly sprinkle zoodles with salt.
- Let zoodles sit in a strainer or colander that is suspended over a larger bowl for 30 minutes.
- Spread zoodles on a towel & remove excess water.
- Mix zoodles with pesto.

10 DAY CLEANSE | 24 DAY CHALLENGE

Lean Protein + Veggies Galore! This is a great option for challengers.

KIDS

Shred up the chicken, chop up the veggies & mix in some mozzarella cheese to give your kids a cheesy, pasta dish with hidden veggies