



## Slow Cooker Chicken Cacciatore With Potatoes

Main Dish • Poultry • Yet To Try  
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**Serving size:** 6 serves | **Prep time:** 10 mins | **Cook time:** 4 hours

### Ingredients

6 chicken thighs (bone-in, skin on or off)  
Salt and pepper to season  
2 tablespoons olive oil  
2 pounds (1 kg) baby potatoes, quartered  
2 tablespoons minced garlic  
1 medium onion, roughly chopped  
1 small yellow pepper, diced  
1 small red pepper, diced  
2 carrots, peeled and sliced  
14 oz (410g) can crushed tomatoes  
14 oz (400g) bottle tomato passata (tomato puree)  
150 ml red wine (or

### Directions

1. (OPTIONAL STEP): Season chicken with salt and pepper. Heat a small amount of oil in a pan or skillet. Sear skin-side down (if using skin on thighs) first for 3 minutes, until deep golden brown. Rotate and sear the other side for a further 3 minutes.
2. Arrange the potatoes in a 6qt slow cooker bowl in single layer. Place the chicken over the potatoes and add the rest of the ingredients over the chicken (except olives and mushrooms).
3. Stir to combine; cover and cook on high for 4 hours, or low for 8 hours, until the chicken is tender and falling off the bone.
4. Add in the mushrooms and olives in the last 30 minutes of cooking. Season with extra salt, to your tastes and serve.

substitute with beef broth)

2 tablespoons tomato paste

2 tablespoons freshly  
chopped parsley

1 teaspoon each dried basil  
and oregano

1 beef bouillon cube, crushed

1 teaspoon salt

Black pepper

½ teaspoon red pepper flakes  
(optional)

1 cup sliced mushrooms

½ cup pitted black olives

5. Serve over rice, pasta or spaghetti squash.

## Nutrition

Amount per serving

Serving size: 1 serving

Calories: 556

Total Fat: 31g

Saturated Fat: 7g

Cholesterol: 141mg

Sodium: 487mg

Total Carbohydrate: 36g

Dietary Fiber: 8g

Sugars: 9g

Protein: 31g