

# Chicken Cacciatore

JTC Nutrition 



## Ingredients:

- 1 lb boneless chicken breasts (pasture-raised & cut into bite-sized pieces)
- 1 15-oz can diced tomatoes (BPA free)
- 1 zucchini (chopped)
- 1 green bell pepper (chopped)
- ½ onion (chopped)
- 1 clove garlic (minced)
- 2 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried parsley
- ½ tsp sea salt
- ½ tsp ground black pepper
- 1 C chicken broth (not needed until cooking day)
- 1 gallon-sized Hefty plastic freezer bag

1. Label freezer bag with the name of the recipe, cooking instructions, and use-by date.
2. Combine all ingredients (except broth) in gallon-size freezer bag, adding the chicken last.
3. Remove as much air as possible from the bag, seal, and freeze for up to three (3) months.
4. When ready to cook, thaw ingredients, and add to crockpot with broth. Cook on “low” for 6-8 hours.
5. Serve over quinoa, brown rice or pasta along with a salad.

## Nutritional information:

Serving size: 1 C (258g)

Calories: 133

Fat: 2g

Protein: 19g

Fiber: 2g

Sodium: 369mg

Cholesterol: 55mg

Source: NutriCalcPlus

Recipe adapted from [www.morelikehome.net](http://www.morelikehome.net)

Image courtesy of [www.morelikehome.net](http://www.morelikehome.net)

[www.whfoods.com](http://www.whfoods.com)

Mars, B. (2013). *iPlant: A Mobile Field Guide to Medicinal and Edible Plants*



## Ingredient facts:

**Oregano** - Botanically known as *Origanum vulgare* and means “mountain joy.” High in vitamin K, manganese and iron. Effective anti-bacterial with potent anti-oxidant properties; four times more than blueberries on a per gram fresh weight basis.

**Basil** - Member of the *Lamiaceae* (mint) family. A good source of vitamin K, iron and calcium. Used to stimulate the lungs, warm the body and calm the stomach. Used to treat depression, exhaustion, anxiety, colds, headache and nausea. Antioxidant, antiseptic, anti-inflammatory, circulatory stimulant, digestive and sedative.

**Parsley** - A member of the *Apiaceae* family. Pungent, bitter and cooling. Facilitates the body’s use of oxygen. An excellent source of vitamins A, C and K as well as iron and folate. Considered a diuretic, a blood cleanser and carminative; critical for cell division.