**Carol’s Crockpot Chicken Cacciatore**

While social distancing is becoming the word of the week right now, this week’s Quick Family Recipe will give your family time around the dinner table to enjoy each other’s company, but won’t keep you stressed out, working in the kitchen all day!

I love crockpot recipes because you literally dump everything into the crockpot and go! This one is so easy, your kids can literally make dinner for you since they are home right now, too!

As usual, you can make this as healthy or as unhealthy as you want depending on what you choose to serve it over! I’ve given options below.

P.S. I half expected Ellis to say chicken caccia-what? :) Cacciatore just means hunter in Italian. When preparing it as a meal, it refers to a meal prepared "hunter-style" with herbs tomatoes and bell peppers. Most of the time we see this dish in the U.S., it is made with chicken.

Let’s get cooking together...

**Ingredients:**

* 3-4 Chicken Breasts
* 2 Bell Peppers, Sliced
* 1 Package of Sliced Mushrooms
* 2 Cloves of Garlic
* 1 Tsp Black Pepper
* 1 Tsp Dried Oregano
* 1 Tsp Red Pepper Flakes
* 1/2 Cup Capers
* 1 Large 28 Oz Can of Crushed Tomatoes
* 1 Cup Low Sodium Chicken Broth

**How to Make:**

* Add your frozen chicken breasts, peppers, mushrooms and garlic to the crockpot.
* Then add your seasonings...black pepper, oregano, pepper flakes and capers.
* Then you add the sauce - crushed tomatoes and chicken broth.
* Put your lid on the crockpot and let it cook on low all day for 6-8 hours. You can also cook on high for 3-4 hours if you need it done faster.
* Take two forks and shred your chicken before serving.
* Serve it by itself or over rice, pasta, zoodles, spaghetti squash or even on low carb tortillas as fajitas! So many possibilities!
* Enjoy! :)

Tyler always loves a good crockpot recipe. I know that Ellis is also always happy with a recipe that can be adapted to be low carb! We always love to see pictures of you enjoying these recipes, too! You can share them with us on the Z88.3 Mornings Facebook page!

Carol Ellingson
Z88.3’s Resident Foodie
Originally posted on [**Carolbake.com**](http://carolbake.com/)