



Slow-Cooker Chicken Ragu



1/8 of recipe (about 1 cup): 198 calories, 6.5g total fat (1.5g sat. fat), 357mg sodium, 12g carbs, 2.5g fiber, 6g sugars, 8.5g protein

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Prep: 10 minutes **Cook:** 3–4 hours or 7–8 hours

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Ingredients

28 oz. canned whole tomatoes (with basil, if available), not drained
1 1/2 lb. raw boneless skinless chicken thighs
1 1/2 cups chopped onion
1 cup chopped carrots
1 cup chopped celery
1 cup white wine
1/4 cup tomato paste
2 tsp. Italian seasoning
1 tsp. garlic powder
1/2 tsp. onion powder
1/2 tsp. salt
1/2 tsp. black pepper
Serving suggestions: spiralized zucchini and/or whole-wheat pasta

Directions

Place canned tomatoes and juices in a slow cooker. Roughly break up the tomatoes into pieces. (A spatula or wooden spoon works well.)

Add remaining ingredients. Mix well.

Cover and cook on high for 3–4 hours or on low for 7–8 hours, until chicken is fully cooked.

Transfer chicken to a large bowl. Shred with two forks.

Return chicken to the slow cooker. Mix well.

MAKES 8 SERVINGS

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