



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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