

Chicken Cacciatore (in a jar)



Ingredients:

- 1 pound boneless skinless chicken breasts
- 24 ounce jar spaghetti sauce (one with no added sugar)
- 1 zucchini, chopped
- 1 green bell pepper, chopped
- 1 sweet onion, chopped
- 1 tablespoon Italian Seasoning, or handful of fresh basil/parsley/oregano

Directions:

Combine all ingredients in crock pot and cook on “low” setting for 6-8 hours or until chicken is cooked through and tender.

Fill jar halfway with cooked spaghetti squash (or pasta if you prefer), then top with chicken cacciatore. You can sprinkle with nutritional yeast for a cheesy flavor.