



Rosemary & Red Pepper Chicken

Serves 8

Ingredients

- 1 small onion, thinly sliced and caramelized
- 1 medium red bell pepper, seeded and thinly sliced and caramelized
- 4 cloves garlic, minced
- 2 teaspoons dried rosemary, crushed
- 1 tsp fresh oregano, chopped
- 1 pound Italian sausage, casings removed, cut and browned
- 1 cup marinara sauce
- 1 (14 ounce) can of chicken broth
- 1 (14.5 ounce) can diced tomatoes
- 8 (4 ounce) skinless, boneless chicken breast halves, cut in quarters
- 1/2 tsp coarsely ground pepper
- 1 cup white wine
- ü 6 Tblsp arrowroot
- ü 8 Tblsp cold water
- ü salt to taste
- 1/4 cup chopped fresh parsley

Directions

- In a 5 to 6 quart slow cooker, combine onion, bell pepper, garlic, rosemary and oregano.
- Add sausages over onion mixture. Rinse chicken and pat dry; arrange in a single layer over sausage.
- Sprinkle with pepper. Pour in white wine, chicken broth, tomatoes and marinara sauce.
- Cover and cook on Low setting for 6 hours. Transfer chicken to a warm platter and cover to keep warm.
- In a small bowl, stir together arrowroot and cold water. Stir into cooking liquid in slow cooker.
- Increase heat to High and cover.
- Cook, stirring 2 to 3 times, until sauce is thickened (about 15 more minutes).
- Season to taste with salt. Spoon sauce over chicken and sprinkle with parsley.
- Great served with wild rice, pasta, or fresh vegetables.

Prep Time

TOTAL TIME: 6 HRS 35 MIN

- Prep: 20 min
- Cook: 6 hrs 15 min

Great served with angel hair pasta with basil or some wild rice and fresh vegetables