

Chicken Mushroom Stew

Ingredients

- 6 chicken breast halves, boneless, skinless (1½ pounds)
- 2 Tablespoon vegetable oil, divided
- 8 ounces fresh mushroom, sliced
- 1 medium onion, diced
- 3 cups zucchini, diced
- 1 cup green pepper, diced
- 4 garlic cloves, minced
- 3 medium tomatoes, diced
- 1 (6-ounce) can tomato paste
- ¾ cup water
- 1 teaspoon each dried thyme, oregano, basil, marjoram
- 1 teaspoon salt (optional)

Makes 6 servings

Instructions

1. Cut chicken into 1-inch cubes: brown in 1 Tablespoon oil in large skillet. Transfer to a slow cooker.
2. In the same skillet, sauté the mushroom, onion, zucchini, green pepper and garlic in remaining oil until crisp-tender. Place in slow cooker.
3. Add tomatoes, tomato paste, water and seasonings.
4. Cover and cook on low for 4 hours or until the vegetables are tender.

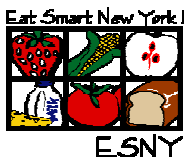
Nutrition Facts

Serving Size 2 cups	
Servings Per Container 6	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 320mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 32g	
Vitamin A 25%	• Vitamin C 90%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

26% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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