

Vegetable Lunch/Dinner Recipe

Slow Cooker

Chicken Thighs in Chili Tomato Sauce



| Ingredients: | Approx. Cost* |
|--|---------------|
| 1 package chicken thighs | \$4.98 |
| 1 small white or brown onion, sliced | \$. 99 |
| 1 - 14.5 oz diced tomatoes | \$1.69 |
| 1 large peeled carrot, chopped | \$.25 |
| 1 garlic clove, chopped | \$.25** |
| ¼ chipotle chili in adobe sauce diced (or more to taste) | \$.25** |
| 1 teaspoon oregano | \$.25** |
| 1 tablespoon olive oil | \$.25** |
| Total: | \$8.91 |

of servings: 6 1-cup servings. **Cost per serving: \$1.48**

*Based on Peapod's on-line pricing.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Pour olive oil into slow cooker. Pull or cut the skin off of the chicken thighs, add them to the slow cooker and sprinkle with salt and pepper. Add the onion, tomatoes, carrot, garlic, chili and oregano. Cover and cook on low for 6 to 8 hours. Serve over brown rice.

Nutritional Information per serving

Calories 274

| | |
|----------------------|--------------|
| Total Fat | 19 g |
| Saturated Fat | 5 g |
| % of daily total | 25 % |
| Carbohydrates | 4.6 g |
| Protein | 20 g |
| Fiber | 1.3 g |

% of daily total

| | | |
|---------------------------|---|---|
| Vit A | 17 | % |
| Vit C: | 19 | % |
| Calcium: | 2 | % |
| Iron | 18 | % |
| Good source of* | <i>Potassium, Zinc, Riboflavin, Niacin, Vitamin B6, B12</i> | |
| *(10% or more of the RDA) | | |

based on 2000 calorie diet

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