

Easy Weeknight Slow-Cooker Tuscan Chicken

Nutritional Highlights

- This easy slow-cooker chicken provides lean protein and plenty of vitamins and minerals such as Vitamin C, Potassium, Folate, Vitamin K, Iron, Zinc, and Manganese

Servings: 4

Ingredients

- 4 (5-ounce) skinless chicken breasts
- 1 (28-ounce) can crushed tomatoes
- 1 (8-ounce) container button mushrooms, sliced
- 2 garlic cloves, minced
- 1/2 onion, sliced
- 1 tsp Italian seasoning
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 1 cup fresh basil leaves, roughly chopped
- 1/3 cup pitted black olives, sliced

Directions

- In the slow cooker, add the chicken, tomatoes, mushrooms, garlic, onion, Italian seasoning, salt, and pepper. Stir to combine. Cover and cook on low for 4-6 hours.
- Turn off the slow cooker and stir in the basil and olives. Use a slotted spoon to remove chicken; shred.
- To refrigerate: store the cooled chicken and vegetables for up to 1 week.
- To freeze: store the cooled chicken and vegetables for up to 2 months. Thaw in the refrigerator overnight. Reheat in a saucepan. Bring to a boil, then reduce the heat and simmer until the chicken is warmed through, about 5 minutes.
- Serve with pasta, zucchini noodles, or your favorite whole grain.

Variations: enjoy the shredded chicken inside of a pita pocket