

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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