

Crock Pot Italian Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/slow-cooker-italian-chicken-thighs-recipe>

Ingredients:

- 8 chicken thighs boneless, skin on
- 1/4 cup vegetable oil
- 1/4 cup all purpose flour
- 2 onions sliced
- 1 red bell pepper sliced
- 1 green bell pepper, sliced
- 3 cloves garlic minced
- 2 cups diced tomatoes with juice
- 1 cup tomato sauce
- 1/2 cup tomato paste
- 1 cup chicken broth
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- 1 teaspoon ground fennel seed
- 2 teaspoons salt
- 1 teaspoon pepper
- 1/2 teaspoon red pepper flakes
- pasta Serve with your favorite

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 150 milligrams
4. Fat: 44 grams
5. Fiber: 8 grams
6. Protein: 40 grams
7. SaturatedFat: 9 grams
8. Sodium: 1870 milligrams
9. Sugar: 18 grams

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