

Chicken Pot Sans Pie



A great dish to prepare before work and come home to a piping hot dinner ready to eat!

Totals for one serving (makes 4):

Calories 414 Fat 5g Fiber 6g Carbs 23g

What you'll need:

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| 1 | Large onion chopped | ½ | tsp Ground thyme |
| 1 | Red bell pepper chopped | ½ | tsp Ground black pepper |
| 1 | Green bell pepper chopped | ½ | tsp Lawry's seasoned salt |
| 2 | Cups whole Chinese peas | 4 | Boneless skinless chicken breast halves |
| 2 | T Minced garlic | 2 | Cups white wine (cheap is fine) |
| 1 | tsp Powdered Chicken bouillon | | |
| 1 | Large slow cooker (crock pot) | | |

Let's get to cooking!

1. In your slow cooker place all vegetables, garlic and seasonings.
2. Lay your chicken breasts on top.
3. Pour wine over everything and using a ladle scoop the juice and veggies on top of the chicken as it nestles down in the cooker.
4. Cover and set the slow cooker to low heat. Cook for 8 hours.
5. Serve hot just as it is or with a side salad or vegetable.

My hungry husband, Neil, created this **Kitty's Lighter Weigh** recipe.