



Slow Cooker Chicken Stew

Ingredients:

1 cup diced shallots
3 stalks of celery diced
4 carrots diced
1 ½ pounds boneless chicken breasts, cut into chunks
2 cups diced tomatoes
1 cup water
¼ to ½ cup dry white wine
¼ cup extra virgin olive oil
1-2 tsp herbamare or sea salt
Ground pepper

Directions:

1. Add all ingredients to your slow cooker and cook on high for 4-5 hours or on low for 6-8 hours. Can also place in oven instead; place into a covered casserole dish and bake in oven for about 2 ½ hours at 300 degrees.