



Crockpot Chicken & Veggies

(Inspired by Taste Of Home Everyday Slow Cooker & One Dish Recipes: Satisfying Chicken and Veggies)

- 4 Medium Potatoes peeled and cut up
- 4 Carrots peeled and cut into bite sized pieces
- 2 lbs of boneless skinless chicken breasts
- 1 Onion cut up into chunks
- 1 - 24 oz can of spaghetti sauce (GFCF)
- 1 cup water
- 1 1/2 teaspoons minced garlic
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried basil
- 1/4 teaspoon pepper

Put potatoes, onions and carrots in the crock pot. Place chicken on top. Mix spaghetti, water and spices. Pour over chicken and vegetables. Cook on low for 8 hours.

This recipe is a little bland. It went over well with the half of my family that likes bland dishes

<http://www.lincolntent.com/GFCF-Poultry.html>