

# Slow Cooker Chicken Cacciatore

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Active Time

10 Mins

Total Time

8 Hours 10 Mins

Yield

Serves 8 (serving size: about 1 cup pasta mixture, 1 chicken thigh, and 1 tbsp. cheese)

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## COOKING LIGHT

While the chicken becomes fall-apart tender, briny capers, crushed red pepper, and garlic infuse the tomatoes for a robust marinara sauce.

## Ingredients

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1/2 cup water

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1 tablespoon all-purpose flour

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2 cups unsalted chicken stock (such as Swanson)

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1/2 cup white wine

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1/4 cup chopped fresh oregano

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1/4 cup drained capers

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1/2 teaspoon kosher salt

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1/2 teaspoon crushed red pepper

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8 garlic cloves, chopped

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1 (28-oz.) container diced tomatoes (such as Pomi)

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1 (8-oz.) pkg. cremini mushrooms, quartered

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8 (6-oz.) bone-in chicken thighs, skinned (about 3 lb.)

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2 tablespoons extra-virgin olive oil

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12 ounces uncooked spaghetti, broken in half

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## How to Make It

**Step 1** Combine 1/2 cup water and flour in a 6-quart electric slow cooker, stirring with a whisk. Stir in stock and next 8 ingredients (through mushrooms). Add chicken thighs to stock mixture; submerge in liquid. Cover and cook on LOW 7 1/2 hours. Remove chicken. When cool enough to handle, remove bones from chicken; discard bones.

**Step 2** Add oil and pasta to slow cooker; cover and cook on HIGH 15 minutes or until pasta is done. Stir in spinach until wilted. Divide pasta mixture among 8 shallow bowls; top evenly with chicken. Sprinkle with Parmesan cheese.

5 ounces baby spinach

2 ounces Parmesan cheese, grated  
(about 1/2 cup)

### **Nutritional Information**

- Calories 490, • Fat 13.2g,
- Satisfat 3.6g, • Monofat 5.8g,
- Polyfat 2.3g, • Protein 44g,
- Carbohydrate 43g, • Fiber 4g,
- Cholesterol 166mg, • Iron 4mg,
- Sodium 569mg, • Calcium 121mg,
- Sugars 2g, • Est. added sugars 0g.