

Tastefully Fit Chicken Parikash *Crockpot Style*

Ingredients

4 Skinless (boneless) Chicken breasts
1 Sliced sweet onion
½ Head Cabbage diced
2 Carrots diced
2 Cups diced red potatoes
1 Can (15oz) diced tomatoes
1 ½ Cups Chicken Stock (fat free)
½ Lb Whole button mushrooms
1 clove of garlic, peeled
1 sprig of fresh thyme
2 Tbsp paprika
salt and pepper to taste

Directions

Cut the chicken into about 1 inch cubes. Add to crockpot first.

Add all other ingredients.

Cook on high for 4-6 hours.

Serves 3-4

Serve with brown rice or quinoa. Also makes a great soup broth/base