

Healthy Harvest® Pasta Sauce Slow Cooker Tomato Chicken Cassoulet

Preparation Time: 15 minutes
Cooking time: 3 hours 15 minutes
Servings: 6



Using pasta sauce is a quick and flavourful twist on the classic French cassoulet that will please the whole family.

Ingredients

1 jar (570 mL)	Healthy Harvest®Pasta Sauce Vegetable Medley
6	boneless, skinless chicken thighs
3	Italian sausages
1	onion, chopped
2	carrots, peeled and sliced
2	stalks celery, sliced
1	bay leaf
1 can (540 mL)	cannellini beans, drained and rinsed
1 cup (250 mL)	peas
1/4 cup (60 mL)	finely chopped fresh parsley
1 pkg (340 g)	No Yolks Dumpling Egg Noodles, cooked and drained

Instructions

1. Cut each chicken thigh and sausage into 4 pieces. Place the meats, onion, carrot, celery and the bay leaf in the slow cooker. Stir in pasta sauce and beans.

2. Cook on high for 3 hours or low for 6 hours. Stir in the peas and parsley. Spoon over cooked egg noodles.

Nutritional Information per serving:

516 calories, 14 g fat, 7 g saturated fat, 85 mg cholesterol, 732 mg sodium, 63 g carbohydrates, 9 g fibre, 14 g sugar, 30 g protein.



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