

Mediterranean Chicken in Sun-Dried Tomato Sauce



Makes:

8 servings

Utensil:

5 Qt./4.7 L Multi-Purpose Oil Core

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Recipe:

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Recipe Description:

The Saladmaster Multi-Purpose 5 Qt. Oil Core makes cooking tasty, healthy meals for your family or guests a breeze, especially when time is short. This effortless meal will bring the delectable flavors of the Mediterranean to your table for everyone to enjoy.

21 ½ ounces
condensed cream of chicken soup (can use homemade)
(610 g)
1 cup
dry white wine
(240 mL)
¼ cups
kalamata olives, pitted, coarsly chopped
(35 g)
2 tablespoons
capers, drained
(17 g)
2 cloves
garlic, minced
14 ounces
artichoke hearts, drained and chopped
(400 g)
1 cup
sun-dried tomatoes, drained and coarsely chopped
(110 g)
1 ½ pounds, approximately 8 breasts
chicken, boned, skinned
(680 g)
½ cup
fresh basil, chopped
(20 g)

Directions:

1. Stir soup, wine, olives, capers, garlic, artichokes, tomatoes and chicken into electric roaster.
2. Stir to coat chicken thoroughly.
3. Cover and cook on 185°F/85°C for approximately 4 hours, until chicken is tender and no longer pink inside.
4. Dish onto plate, sprinkle with fresh basil and serve.

Tips:

- You may substitute chicken broth for wine.
- To serve 4 use fewer chicken breasts but the same ingredient measurements. Cook for approximately 2 hours. Freeze any additional sauce for use at a later date.
- You can start this dish in the morning before you leave for the day. Cook on 175°F/80°C for 8 hours.
- Serve with rice, egg noodles or mashed potatoes.

Nutritional Information per**▼ Serving**

Calories: 144
Total Fat: 5g
Saturated Fat: 1g
Cholesterol: 5mg
Sodium: 1191mg
Total 13g
Carbs:
Dietary Fiber: 3g
Sugar: 4g
Protein: 7g