



Cheryl's 

ITALIAN HERB TOMATO CHICKEN & VEGETABLES

RUSTIC ITALIAN-STYLE ONE-POT MEAL



INGREDIENTS

- Chicken breasts ~ Baby potatoes
- Zucchini or green beans
- 1 can diced tomatoes (or cherry tomatoes)
- 1/2 cup chicken broth
- 1 tsp oregano ~ 1 tsp basil
- 1 tsp garlic ~ 1/2 tsp thyme
- Salt & pepper



INSTRUCTIONS



1. Add potatoes and tomatoes first.



2. Place chicken on top.



3. Add broth & herbs.



4. Cook LOW
5-6 hours
HIGH 2-3 hours



5. Until meat temp of 165 degrees.
Stir gently at the end and mix juices.

OPTIONAL

Top with mozzarella before serving.



HERBAL BENEFITS

- Oregano supports immune health and has antioxidant properties.
- Basil helps with digestion and provides anti-inflammatory benefits.
- Garlic supports heart health and the immune system.
- Thyme has natural antibacterial and antimicrobial properties.



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Simple ingredients.
Herbal goodness.
Made with love. 

