

# Chicken Cacciatore

Recipe makes 1 serving

1 serving = 1 protein, 1 vegetable, lemon juice

## Ingredients

- 100 grams diced chicken breast
- 90 grams chopped tomatoes
- ¼ cup water (or chicken broth)
- 1 tablespoon tomato paste
- 1 tablespoon apple cider vinegar
- 2 tablespoons lemon juice
- 1 tablespoon chopped onion
- 2 cloves crushed and minced garlic
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 bay leaf
- pinch of cayenne to taste
- 1 tablespoon Bragg's liquid aminos (optional)
- stevia to taste



## Directions

Brown the chicken with garlic, onion, and lemon juice in a small saucepan.

Deglaze the pan with the water (or use chicken broth).

Add tomatoes, tomato paste, vinegar and spices. Simmer on low heat for 20 minutes stirring occasionally.

Remove the bay leaf and serve hot.



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