

Chicken Cacciatore

Makes 1 serving (1 protein, 1 vegetable)
30 grams protein
3 grams fat
127 calories

Ingredients

- 100 grams chicken breast, diced
- ½ cups tomatoes, chopped
- ¼ cup chicken broth or water
- 1 tablespoon tomato paste
- 1 tablespoon apple cider vinegar
- 1 tablespoon lemon juice
- 1 tablespoon Bragg's liquid aminos
- 1 tablespoon onion, chopped
- 2 cloves garlic, crushed and minced
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 bay leaf
- Pinch of cayenne to taste
- Stevia to taste



Directions

1. Brown the chicken with garlic, onion, and lemon juice in a small saucepan.
2. Deglaze the pan with the chicken broth.
3. Add tomatoes, tomato paste, vinegar and spices.
4. Simmer on low heat for 20 minutes, stirring occasionally.
5. Remove the bay leaf and serve hot.



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