

Slow Cooker Souvlaki

Ingredients

- 4 cloves garlic
- 2 red or yellow bell peppers, diced
- 1 eggplant, diced
- 1 medium red onion, quartered
- ½ cup red wine vinegar
- 1 lemon, juiced
- 2 teaspoons dried oregano
- 1 cup low sodium chicken broth
- 2 pounds chicken breast, diced
- 1 Tablespoon cornstarch



Optional toppings

- 1 tablespoon fresh basil chopped
- ½ cup crumbled feta
- Salt and pepper to taste

Instructions

1. In the slow cooker, combine all ingredients except for the cornstarch and chicken. Whisk together.
2. Add chicken breast.
3. Place lid on top.
4. Cover and cook for 4 hours on low or 2-3 hours on high. Remove lid.
5. Spoon out some of the juice into a small bowl once cooking is complete. Add cornstarch to the juice, whisk, and pour back into the slow cooker. Allow the sauce to thicken for another 15-20 minutes before serving.



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6. Serve over couscous or cauliflower rice. Top with optional fresh basil, sprinkle with additional salt and pepper, and optional feta.

Nutrition Information

Recipe serves 4

Serving size: 1/8 of recipe

243 calories, 6g fat, 7g carb (2g fiber, 4g sugar) 38g protein, 175mg sodium



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