

# "Old McDonald" Chicken

**Makes:** 14 or 56 servings

Ingredients	14 Servings		56 Servings	
	Weight	Measure	Weight	Measure
Chicken, boneless, skinless	2 lbs		8 lbs	
Onion, diced		1 cup		4 cups
Zucchini, diced		1 cup		4 cups
Mushrooms, sliced		1 cup		4 cups
Garlic, minced		1 clove		4 cloves
Tomatoes, canned, chopped		1-1/2 cups		6 cups
Parsley		2 Tbsp		1/2 cup
Black pepper		1 Tbsp		1/4 cup
Basil leaves, dried		1 Tbsp		1/4 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>85</b>	
Total Fat	1 g	
Protein	16 g	
Carbohydrates	1 g	
Dietary Fiber	1 g	
Saturated Fat	0 g	
Sodium	92 mg	

## Directions

1. Heat oil in large pan.
2. Sauté chicken 3 minutes on each side.
3. Add onions, zucchini and mushrooms.
4. Cook for another 10 minutes, stirring occasionally.
5. Add garlic and allow to cook 1 minute.
6. Add tomatoes with juice to chicken and vegetables.
7. Add parsley, basil and black pepper.
8. Allow to simmer until chicken is no longer pink, about 20 minutes or more.

## Notes

Serving Tips:

This dish can also be made in a crock-pot or slow cooker. Put all the vegetables in the pot and allow to simmer on low for the day.