

# Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

## # 48411 Italian Farm-Style Chicken

The flavor of this tasty chicken dinner will take you to the Italian countryside.

### Just add Chicken, Tomatoes and Broth.

**Ingredients:** Pearled Barley, Dehydrated Vegetables (Carrots, Onions, Celery), Minced Garlic, Basil, Thyme, Parsley and Black Pepper.

### Ingredients needed

(5-6 quart slow cooker)

- 1 14 ½ oz can of petite diced tomatoes
- 1 15 oz can of low sodium tomato sauce
- 4 lbs. of skinless chicken breasts or thighs
- 4 cups of low sodium chicken broth
- 2 cups of water

### Cooking Instructions

1. Place uncooked chicken in bottom of slow cooker.
2. Rinse and sort barley and layer over chicken.
3. Layer contents of vegetable and spice packets over barley.
4. Top evenly with diced tomatoes and tomato sauce.
5. Slowly pour chicken broth and water (or wine) over ingredients. **Do not stir.**
6. Cover & cook on high for 5½-6½ hours or low for 8-9 hours. **Do not lift lid while cooking.**
7. When ready to serve salt to taste.

### Serving Suggestions

Substitute 1 cup of your favorite white or red table wine for 1 cup of water. **Do not use cooking wine.**

Add 8 oz fresh or canned mushrooms to pot.

Before serving add sliced green & black olives to the broth.

Garnish with fresh basil and a slice of lemon.

Serve with crusty Italian bread & salad.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. Rinse and sort barley, then place on bottom of a 5 to 6 quart baking dish.
2. Cover barley evenly with vegetables and spice packets.
3. In a small bowl, mix diced tomatoes, tomato sauce and 2 cups of water.
4. Pour over dry items in baking dish.
5. Place washed chicken parts on top of ingredients.
6. Add 4 cups of broth over all ingredients.
7. Cover and bake at 350° for two and one-half to 3 hours.

## Nutrition Facts

Serving Size As Packaged .74 oz. (21g)

As Prepared 13.8 oz (392g)

Servings Per Container 11

Amount Per Serving	As Packaged	As Prepared	
<b>Calories</b>	70	290	
Calories from Fat	5	35	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	<b>0%</b>	<b>5%</b>	
Saturated Fat 0g	<b>0%</b>	<b>5%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>32%</b>	
<b>Sodium</b> 25mg	<b>1%</b>	<b>10%</b>	
<b>Total Carbohydrate</b> 16g	<b>5%</b>	<b>7%</b>	
Dietary Fiber 3g	<b>12%</b>	<b>16%</b>	
Sugars 2g			
<b>Protein</b> 2g			
Vitamin A	50%	60%	
Vitamin C	4%	20%	
Calcium	2%	8%	
Iron	4%	15%	
<small>* Amount in Mix. As prepared, one serving provides 3.5g total fat (1g saturated fat), 95mg cholesterol, 240mg sodium, 22g carbohydrate (4g fiber, 5g sugar) and 41g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	* Carbohydrate	4 * Protein 4