



## Greek Chicken Pasta Sauce

### *Ingredients:*

- 6-8 free range or organic chicken drumsticks
- 2 brown onions, roughly chopped
- 1 clove of garlic
- 1.5 litres tomato puree
- 1 tablespoon tomato paste
- 1 cup sweet potato or pumpkin puree
- 1 medium chopped zucchini
- 8 chopped mushrooms
- 2 chopped carrots
- 1 Cinnamon Stick
- 2 Bay Leaves
- Ground Pepper
- Salt to taste

### *Method:*

Sautee onions in a frypan with generous splash of cold pressed olive oil, cook until they start to go clear then add garlic and quickly toss.

Take off the heat and scrape onions into the saucepan you're going to cook the pasta sauce in. Alternately, this can be done in the slow cooker if you prefer.

Brown the chicken (skin off) in the fry pan with some more cold pressed olive oil then remove and put into saucepan as well.

Add puree, tomato paste, sweet potato / pumpkin puree, zucchini, mushrooms cinnamon stick and bay leaves to pot and mix together.

Add pepper and salt to taste.



If cooking in the slow cooker then you can cook on low for around 8 hours, chicken will fall off the bone.

If doing on the stove, bring to the boil then simmer on low for 1 hour or until the chicken is falling off the bone

Once cooked, take out all of the chicken and any bones that may still be in the pot and puree with a hand blender, this ensures all the vegetables are blended into the sauce and the kids will never know they're there.

Take the chicken off the bones and shred / chop up and return it to the sauce and mix in.

Serve with gluten free pasta.