

# **The Skinny Slow Cooker Recipe Book: Delicious Recipes Under 300, 400 And 500 Calories (Cooknation) (Volume 1) By CookNation**

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ketchup, vegetable oil, garlic, diced onion, and red pepper flakes. Pour over the chicken in crock pot.

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chicken breast, about 5-7 minutes. Add garlic, cook until fragrant, 2-3 minutes. Add tomato paste and cook for

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