

## What's in the Bag

1 yellow onion  
4 cloves garlic  
1 chicken breast  
1 medium potato  
1 sweet pepper  
4 medium carrots  
1 (14 ounce) can tomato sauce  
1 cup green peas  
1 jar seasoning (tamari, fish sauce,  
pepper, 1 bay)

## What's Not

cooking oil