



Chicken Cacciatore

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 55 MIN

Ingredients

- 3 tablespoons olive oil, divided
- 12 boneless, skinless chicken thighs
- 1 pinch salt to season
- 1 pinch pepper
- 1 medium onion diced
- 2 tablespoons garlic minced, or 6 cloves
- 1 small yellow bell pepper diced
- 1 small red bell pepper diced
- 3 carrots, peeled and sliced
- 10 ounces mushrooms sliced
- 1/2 cup pitted black olives (Kalamata are best)
- 10 sprigs thyme
- 2 tablespoons fresh Italian parsley plus more to garnish
- 2 tablespoons fresh basil chopped
- 1 teaspoon dried oregano
- 1/2 cup red wine
- 28 ounces crushed tomatoes
- 2 tablespoons tomato paste
- 1/2 lb Roma tomatoes, quartered
- 1/2 teaspoon red pepper flakes

Directions

1. Season chicken with salt and pepper.
2. Heat 2 tablespoons oil in a Dutch oven. Working in batches, sear chicken on both sides until golden, about 3-4 minutes each side. Remove from skillet and set aside.
3. Add remaining oil to the pan. Sauté the onion until transparent, about 3-4 minutes. Add in garlic and cook until fragrant, about 30 seconds. Add the peppers, carrots, mushrooms and herbs; cook for 5 minutes until vegetables begin to soften.
4. Pour in the wine, scraping up browned bits from the bottom of the skillet. Cook until wine is reduced, about 2 minutes.
5. Add crushed tomatoes, tomato paste, Roma tomatoes, olives, and chill flakes. Season with salt and pepper to your taste. Return chicken pieces to the skillet and simmer over stove top for 40 min, covered.
6. Garnish with more parsley.

Nutrition Highlights: Calories: ~515

Protein ~38g

Fiber ~5g