

Chicken Cacciatore

Ingredients

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| 4 Chicken Thighs backbone) | 2 Chicken Breast (skin and |
| 1 t Black Pepper | 2 t Salt |
| 3 T Olive Oil | 1/2 c Flour |
| 1 Onion (chopped) | 1 Red Pepper (large, chopped) |
| 3/4 c White Wine juice) | 3 clv Garlic (finely chopped) |
| 3 T Capers (drained) | 1 cn Diced Tomatoes (28 oz, with |
| 1/4 c Basil Leaves | 3/4 c Chicken Broth |
| | 1 1/2 t Dried Oregano |

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Instructions

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly.

In a large heavy saute pan, heat the oil over a medium-high flame. Add the chicken pieces to the pan and saute just until brown, about 5 minutes per side. If all the chicken does not fit in the pan, saute it in 2 batches. Transfer the chicken to a plate and set aside. Add the bell pepper, onion and garlic to the same pan and saute over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the wine and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano. Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through, about 30 minutes for the breast pieces, and 20 minutes for the thighs.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes. Spoon off any excess fat from atop the sauce.

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Spoon the sauce over the chicken, then sprinkle with the basil and serve.