Chicken Cacciatore

Ingredients

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

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Instructions

1.Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the flour to coat lightly.
2.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.
3.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.
4.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.
5.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.
6.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. Spoon the sauce over the chicken, then sprinkle with the basil and serve.

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