
Easy Baked Chicken Cacciatore

Description

We all need a “go to” recipe that everyone will enjoy and is easy to prepare! Here is a classic Italian dish that’s been modernized to fit not only the busy pace of everyday living, but modern-day budgets as well. This recipe also will most likely yield enough so you can freeze the leftovers and serve them another night!

Total time: 1 hr Yield: 4 Servings

Ingredients

5 lb boneless, skinless, chicken thighs (defrosted)
1 cup flour (seasoned, garlic salt is good)
canola oil (to brown chicken)
1 large onion (diced)
2 green bell peppers (seeded and diced)
2 large garlic cloves (minced)
1 can mushrooms (14 oz. can; or 2 cups of fresh sliced button mushrooms)
2 can crushed tomato (14 oz. can)
1 can diced tomato (14 oz. can)
1 can low-sodium chicken stock (14 oz. can)
2 tsp Italian seasoning
1 tsp rosemary (crushed)
salt (to taste)
fresh ground black pepper (to taste)
cooking spray

Prep Time: 1 hr Total Time: 1 hr

Instructions

Pre-heat your oven to 350° F. Spray a large rimmed baking sheet with cooking spray. Dredge your chicken pieces in the seasoned flour and set aside. Drizzle some canola oil into a medium frying pan heated on medium high, then add chicken pieces in to brown, being careful not to crowd the pan. Place browned chicken onto the baking sheet as you go. Add in additional canola oil when needed.

Once all the chicken is browned, sprinkle the diced onion, garlic, bell pepper and mushroom pieces over the chicken. In a large bowl, mix together the crushed and diced tomato along with all the stock, Italian seasoning, rosemary, and salt and pepper – then evenly pour over the chicken. Bake in the oven for about 35 minutes or until bubbling and chicken is cooked through.

This dish will develop a rich, tomato sauce that goes great with pasta or rice. Add on a salad and you'll have a comforting, healthy meal in no time.

Recipe brought to you by:

Chef Michi Holland

Source:

Chef Michi Watarai