

Chicken Cacciatore

While the traditional dish is called 'Cacciatore', meaning 'hunter', I prefer to call my dish 'Cacciatore', meaning 'in the style of the hunter's wife'!. Either which way, this dish elevates comfort food to a whole new level!

Ingredients:

3-4 boneless, skinless chicken breasts, cut into bite size pieces

3 Tbsp canola oil

2 Tbsp all-purpose flour

Freshly ground sea salt and black pepper

1 medium onion, diced

1 red or green pepper, diced

1 clove garlic, minced

2 c. white mushrooms, sliced (or 1 can of mushrooms stems and pieces)

1 x 28 oz. can no salt added diced tomatoes

75 ml tomato paste

½ c. no salt added chicken broth

2 tsp. dry Italian seasoning

1 Tbsp pesto (optional)

Season bite size pieces of chicken with freshly ground sea salt and black pepper. Dust lightly with all-purpose flour. Heat 2 Tbsp canola oil in large, deep skillet over medium high heat. Add chicken pieces, a little at a time, being careful not to crowd the pan as the chicken will steam as oppose to brown. Transfer browned chicken pieces to a plate and set aside.

Add 1 Tbsp canola oil to skillet and add onion. Saute over medium high heat and using a wooden spoon, scrape up all the flavourful brown bits from the bottom of the skillet. When onions are soft, add mushrooms, pepper and garlic. Season lightly with freshly ground sea salt and black pepper. When mushrooms are golden and garlic fragrant, add diced tomatoes, tomato paste, chicken broth, Italian seasoning and pesto sauce, if using. Stir to combine.

Return chicken pieces to pan, stir to combine. Reduce heat and cover pan and let sauce simmer and reduce for a minimum of 10 minutes, up to 2 hours. Serve over rice pasta of choice or mashed potatoes...ENJOY!

Kim's Cookology