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| b97d43_296573239b324bec8d13278f588fd3f7.jpeg ***Easy Chicken Cacciatore***  *Not Your Mama’s Kitchen*  *Variety Shopping List*  *MyPlate2Yours - Lynn Dugan* Serving Size: 4Ingredients 1 pound boneless, skinless chicken breasts  1 tablespoon olive oil  1 small onion, sliced into thin wedges  1 garlic clove, minced  1 green bell pepper, cut into ½-inch strips  Salt and ground black pepper  1 can (15 ounces) diced tomatoes (undrained)  1 can (15 ounces) tomato sauce  ¼ cup red wine (optional)  2 bay leaves  ½ pound cooked pasta, cooked as directed  Shredded Parmesan cheese, for garnish Directions 1. Season chicken with salt and pepper.  2. Heat oil in a skillet. Add the chicken and brown on one side for 2-3 minutes. Using tongs, flip chicken over to brown the other side for 2-3 minutes.  3. Add garlic, onion, and bell pepper to pan. Sauté vegetables briefly, scraping the pan for any remnants of cooked chicken.  4. Add diced tomatoes, tomato sauce, bay leaves and wine, if using. Heat to slight boil, then reduce the heat and cover with a lid. Simmer the chicken for 20-30 minutes, until internal temperature is 165°F.  5. Serve over cooked pasta, if desired. Garnish with shredded Parmesan cheese. Enjoy! |