

Chicken Cacciatore

Authentic Chicken Cacciatore is an Italian classic. Cacciatore means hunter in Italian, and alla cacciatora translates to a 'hunter-style' meal with chicken (or rabbit), onions, tomatoes, herbs, vegetables, and usually wine or vinegar.

Wine Pairing:

- Chianti Classico
- Pinot Noir
- Lambrusco

Side Dishes:

- Rice
- Pasta
- Mashed Potatoes

Low Carb Side Dishes:

- Cauliflower Rice
- Zucchini Noodles
- Steamed Vegetables

INGREDIENTS

- 3 tablespoons olive oil, divided
- 6 bone-in skinless chicken thighs or breasts
- Salt and pepper, to season
- 1 medium onion, diced
- 2 tablespoons minced garlic, (or 6 cloves)
- 1 small yellow bell pepper diced
- 1 small red bell pepper diced
- 1 large carrot, peeled and sliced
- 10 oz mushrooms, sliced
- 1/2 cup pitted black olives
- 1/4 cup capers
- 8 sprigs thyme
- 2 tablespoons each freshly chopped parsley and basil plus more to garnish
- 1 teaspoon dried oregano
- 2/3 cups red wine
- 28 oz crushed tomatoes
- 2 tablespoons tomato paste
- 7 oz Roma tomatoes, halved
- 1/2 teaspoon red pepper flakes

INSTRUCTIONS

1. Season chicken with salt and pepper.
2. Heat 2 tablespoons oil in a heavy cast iron skillet. Sear chicken on both sides until golden, about 3-4 minutes each side. Remove from skillet and set aside.
3. Add remaining oil to the pan. Sauté the onion until transparent, about 3-4 minutes. Add in garlic and cook until fragrant, about 30 seconds. Add the peppers, carrot, mushrooms and herbs; cook for 5 minutes until vegetables begin to soften.
4. Pour in the wine, scraping up browned bits from the bottom of the skillet. Cook until wine is reduced, about 2 minutes.
5. Add crushed tomatoes, tomato paste, Roma tomatoes and chill flakes. Season with salt and pepper to your tastes. Return chicken pieces to the skillet and continue to cook over stove top OR in the oven following the instructions below.

FOR STOVE TOP:

- Mix all the ingredients together except olives and capers; cover with lid, reduce heat to low and allow to simmer (while stirring occasionally) for 40 minutes or until the meat is falling off the bone and reaches 165°F.
- Add in the olives and capers, allow to simmer for a further 10 minutes. Garnish with parsley and serve immediately.

FOR THE OVEN:

- Transfer the covered skillet to a preheated oven at 375°F and cook for 50 minutes.
- Remove the lid, add in the olives and cook for an additional 20 minutes until the chicken is tender and falling off the bone, reaches 165°F and the sauce has reduced.

NUTRITION

Calories: 310cal | Carbohydrates: 22g | Protein: 27g | Fat: 11g | Saturated

Fat: 2g | Cholesterol: 107mg | Sodium: 511mg | Potassium: 1157mg | Fiber: 5g | Sugar: 11g | Vitamin

A: 3880IU | Vitamin C: 77mg | Calcium: 97mg | Iron: 4mg