

Cheryl's CHICKEN CACCIATORE



A rustic Italian classic made with tender chicken, tomatoes, peppers, olives and fresh herbs. Hearty, wholesome and full of Mediterranean flavor!

INGREDIENTS

- 3 tablespoons olive oil
- 2 chicken breasts
- Salt and pepper, to taste
- 1 medium onion, diced
- 2 tablespoons minced garlic
- 1 small yellow pepper, sliced or diced
- 1 small red pepper, sliced or diced
- ½ cup pitted black olives
- ¼ cup green olives
- 8 sprigs fresh thyme
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh basil, chopped
- 1 teaspoon dried oregano
- 28 ounces crushed tomatoes
- 2 tablespoons tomato paste
- 7 ounces Roma tomatoes, halved
- ½ teaspoon red pepper flakes

HEALTH BENEFITS



Olive oil provides heart-healthy monounsaturated fats.



Tomatoes are rich in lycopene, an antioxidant that supports heart health.



Garlic and onions may help support immune and cardiovascular health.



Thyme, basil, parsley and oregano provide antioxidants and anti-inflammatory compounds.



Peppers add vitamin C and fiber.

INSTRUCTIONS

- 1 Season the chicken breasts with salt and pepper.
- 2 Heat the olive oil in a large skillet or Dutch oven over medium-high heat.
- 3 Sear the chicken for 3–4 minutes per side until lightly browned. Remove from the pan and set aside.
- 4 Add the onion and sauté until transparent, about 4–5 minutes.
- 5 Stir in the garlic and cook for 30 seconds.
- 6 Add the yellow pepper, red pepper, thyme, parsley, basil, oregano and red pepper flakes.
- 7 Stir in the crushed tomatoes, tomato paste and Roma tomatoes.
- 8 Add the black olives and green olives.
- 9 Return the chicken to the pan and nestle it into the sauce.
- 10 Cover and simmer for about 40 minutes, or until the chicken is fully cooked and tender.
- 11 Remove thyme stems before serving.



PREP TIME: 15 minutes



COOK TIME: 50 minutes



SERVINGS: 4



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SERVING SUGGESTIONS

Serve over:  Zucchini noodles  Brown rice
 Creamy polenta  Crusty Italian bread

Made with love from my kitchen to yours!

 Cheryl

 SIMPLE INGREDIENTS. HERBAL GOODNESS. MADE WITH LOVE. 

