

## *Idiot's Kitchen Recipe – Chicken Cacciatore*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

1 Cut Up Fryer Chicken (2 legs, 2 thighs, 2 breast halves)  
Flour for dredging (1/2 cup)  
Olive Oil  
1 Large Onion, chopped  
1 Red Bell Pepper, chopped  
1 Yellow Bell Pepper, chopped  
Garlic (5-6 cloves), chopped  
1 Cup White Wine  
2 (14 ounce) cans of diced tomatoes (Fire Roasted tomatoes are good)  
1 cup of low-sodium chicken broth  
Capers (2-3 Tablespoons, drained)  
Tomato Paste (2-3 Tablespoons)  
Dried Oregano  
Dried Basil  
Dried Red Pepper Flakes  
Fresh Basil  
Salt & Pepper

Remove the skin from the chicken pieces and season them with salt and pepper. Put about ½ cup flour in a dish or shallow pan and season the flour with salt and pepper. Dredge the chicken pieces in the flour, turning to coat and shaking off the excess.

Pour 3 Tablespoons of olive oil in a VERY LARGE POT to coat the bottom. Cook the chicken over medium high heat for about 3 minutes per side until golden brown. (No need to cook the chicken all the way through.) Remove the chicken from the pot and set aside. Add a bit more olive oil if needed and sauté the chopped onions and bell peppers. When the peppers and onions are tender but not browned, add the chopped garlic.

Add 1 cup of white wine to the pot, stirring to remove any tasty bits from the bottom of the pan. Add the diced tomatoes and their juices and 1 cup of chicken broth. Return the chicken pieces to the pot and season with approximately 1 Tablespoon each dried oregano and basil and 1 teaspoon red pepper flakes. Salt and pepper to taste.

Bring the sauce to a simmer and then reduce the heat to low, cover the pot with a lid and cook for at least 45 minutes. 60-70 minutes is ideal for really tender chicken.

When the chicken has cooked, remove the pieces from the pot and set aside. Stir in 2-3 Tablespoons of tomato paste to help thicken the sauce. Add 2-3 Tablespoons of drained capers.

Serve the chicken and sauce over rice, pasta or garlic mashed potatoes.