

Handy-Dandy Shopping List – Chicken Cacciatore

Recipe from www.idiotskitchen.com



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 *use good quality wine you would drink, NOT “cooking 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) – look for these in the pickle section (photo above)

Tomato Paste (2-3 Tablespoons) – either in a tube as pictured above or a small can.

Dried Oregano

Dried Basil

Dried Red Pepper Flakes

Fresh Basil

Salt & Pepper

Serve with rice, pasta or mashed potatoes. (not pictured)