

CHICKEN CACCIATORE

- 3 tablespoons olive oil
- 6 bone-in, skin-on chicken thighs (about 2 pounds)
- Coarse salt and freshly ground black pepper
- 1 large white or sweet onion, diced big
- 7 cloves of garlic, minced
- 1 yellow and one green bell pepper, diced big
- 1 large (or 2 smaller) carrots, peeled and sliced into 1" pieces
- 8 oz of sliced mushrooms
- 1 TSP each dried thyme and oregano
- 2 TSP each dried parsley and basil
- 1 cup red wine
- 28 oz can crushed tomatoes
- 2 TBSP tomato paste
- 1/2 TSP red pepper flakes
- 1 can jumbo black olives (drained)



1. Heat the oil in a Dutch oven or large saucepan over medium heat. Trim off any excess skin on the chicken and season generously with the salt and pepper. Sear the chicken in the preheated pan for 6 minutes per side. Remove to a plate.
2. Add the onions to the pan and sauté for 5 minutes. Add the bell peppers, carrots, mushrooms, garlic, and herbs and cook for an additional 7 minutes, stirring often.
3. Add the wine, deglaze the pan, and cook for 5 minutes.
4. Add the tomato paste and stir it in, mix in the crushed tomatoes and red pepper flakes and cook for 5 minutes.
5. Return the chicken to the pot along with any juices from the chicken and add the olives. Cover and cook on low for 70 minutes.
6. Serve with the pasta of your choice.