

Chicken Cacciatore with Thighs

Ingredients

- 3 tablespoons olive oil, divided
- 6 bone-in skinless chicken thighs
- Sea salt and pepper, to taste
- ½ medium onion, diced
- 1 tablespoons minced garlic, (or 2 cloves)
- 1 yellow bell pepper, diced
- 1 red bell pepper, diced
- 2 carrots, peeled and sliced
- 10 oz mushrooms, sliced
- 1/2 cup pitted black olives
- 8 sprigs thyme
- 2 tablespoons each freshly chopped parsley and basil plus more to garnish
- 1 teaspoon dried oregano
- 150 ml red wine OR ~3/4cup Chicken stock
- 28 oz crushed tomatoes
- 2 tablespoons tomato paste
- 1/2 teaspoon red pepper flakes

Directions

1. Season chicken with salt and pepper.
2. Heat 2 tablespoons olive 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, carrots, mushrooms and herbs; cook for 5-10 minutes until vegetables begin to soften.
4. Pour in the wine or chicken broth, scraping up browned bits from the bottom of the skillet. Cook until wine is reduced, or broth is simmering about 2 minutes.

5. Add crushed tomatoes, tomato paste and red pepper. Season with salt and pepper to your tastes. Return chicken pieces to the skillet and continue to cook over stove top, covered.
6. Simmer, stirring occasionally for about 40 minutes or until meat is falling off the bone. Add in the olives.
7. Serve immediately.
8. If making ahead of time, cool and refrigerate till ready to eat. Use low heat to warm throughout before serving.

Mary-Beth says: *“Chicken thighs are juicy, flavorful, with monounsaturated fat. The vegetables, including the tomatoes make this a nutrient dense meal.”*