

MY CHICKEN CACCIATORE

Combine the following to coat chicken:

1/2 c. flour
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. butchers black pepper
1/4 tsp. paprika

Ingredients:

3 to 4 lbs, chicken, cut into bite-sized pieces, coated in flour mixture
1 pkg. - mushrooms sliced
1/4 c. olive oil
1 - medium yellow onions, sliced or chopped
1 - bell pepper, sliced or chopped
3 - cloves garlic, sliced or crushed
2-3 medium tomatoes, chopped or 1 1/2 cups canned tomatoes or 2
can stewed tomatoes cutting all dried seasonings by half
1- 2 celery ribs, sliced
28 oz. jar tomato sauce + 1 can tomato paste (or 4- 8 oz. jars tomato
sauce or 24 oz. can Bertolli Portobello Mushroom Pasta Sauce + 1
can tomato paste
1/2 tsp dried Italian seasoning, or
1/2 tsp. oregano and
1/2 tsp. basil
1/4 tsp. butchers black pepper
1 tsp salt
1/4 tsp. hot red pepper flakes
1/4 cup fine red wine vinegar
8 – 12 ozs fettuccine

Directions:

- 1- After chicken is coated with the flour mixture, brown in hot oil and add the remaining ingredients. Simmer together until the chicken is done
- 2- If using tomato paste mix in a bowl with 1 1/2 cup of water then pour into skillet.
- 3- If needed, use the left-over flour mixture to thicken the sauce.

Serve over hot cooked spaghetti or fettuccine, with salad and garlic bread.

WIDESCREEN ONLINE REVIEW
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