

Chicken Cacciatore

Ingredients

- 1 whole chicken cut into pieces, skin on bone in
- 1 red onion, diced
- 3 garlic cloves, minced
- 1 tsp oregano
- 1 tsp chilli flakes
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1/2 cup white wine
- 1 can crushed tomatoes
- 1 cup chicken stock or water
- 1/4 cup capers
- 1/4 bunch Italian parsley, chopped

Directions

1. Season chicken pieces generously with salt and pepper.
2. Heat 2 tbsp vegetable or canola oil on high in a Dutch oven and brown chicken on all sides without overcrowding the pan and set aside.
3. Turn down heat to medium high. Add 1 tbsp olive oil and sauté red onion, garlic, peppers, oregano and chilli flakes until lightly browned and softened, 2-3 minutes. Season with salt and pepper.
4. Turn heat back to high and add white wine using a wooden spoon to scrape up any browned bits of the bottom of the pot.
5. Add chicken back to pot along with crushed tomatoes, stock or water and capers. Season with salt and pepper.
6. Bring to a boil and turn down to a simmer. Cook 20-25 minutes, adding more liquid if necessary.
7. Stir in chopped parsley.