



Chicken Cacciatore

- 1/2 c. Canola Oil
- 4 Chicken Thighs
- 3 oz. White Flour
- 1/2 c. Chicken Stock
- 3 oz. Extra Virgin Olive Oil
- 1/2 White Onion (diced)
- 1/2 lb. Sliced White Mushrooms
- 4 Roma Tomatoes (diced)
- 2 Rosemary Skewers
- 1 tbsp. Fresh Oregano
- Salt, Pepper

Preparation:

Heat a large sauce pan with canola oil on high heat. Coat chicken with seasoned flour, and drop in hot canola oil. Cook until brown on all sides, remove and set aside. Remove oil from pan. Still using the same pan, de-glaze pan with chicken stock, allow to reduce 50%, and then add olive oil. Reducing to medium-high heat, add onion, mushroom, tomatoes, chicken, and herbs. Cook together 5-10 minutes (until chicken is fully cooked).

(NOTE: Prep times can vary by equipment. Be sure to check that meat is fully cooked.)

