

Chicken Cacciatore

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: This recipe calls for dried porcini mushrooms.

These can be found in 1/2 or 1 ounce package in the produce section of most markets. Any leftovers are excellent to

use in a pot roast recipe. These mushrooms pair very well with red wine. Make sure you use a wine that you would also drink. If it's not good enough to drink, why would you cook with it?



1/2 ounce package dried porcini mushrooms

1 cup hot water

4 servings of brown or whole grain rice

4 boneless, skinless chicken breasts cut into thirds or 1 pound of skinless, boneless thighs

1 teaspoon salt, divided

1/4 teaspoon black pepper, divided

4 teaspoons olive oil, divided

Half of a medium yellow or white onion, chopped

1/2 cup red bell pepper, chopped

3 cloves garlic, freshly minced or from a jar

1/3 cup red wine

15 ounce can diced tomatoes

2 tablespoons chopped, fresh Oregano or 1-1/2 teaspoons dry oregano

3 tablespoons rinsed and drained capers

Heat 1 cup of water in a microwaveable container for 2 minutes. Add the mushrooms and set side for 30 minutes to allow the mushrooms to rehydrate. During this time you can do the rest of the prep work and you may want to start cooking the rice. Cook according to the package directions which could take 5 – 25 minutes. The goal is to have the rice cooked when the recipe is done.

When the 30 minutes have passed, remove the mushrooms from the liquid with a slotted spoon and place them on a cutting board. Strain the soaking liquid into a small bowl using a sturdy paper towel to catch the solid pieces. Throw away the pieces but keep the liquid to add to the recipe later. Chop the mushrooms and set them aside for now.

Rinse the chicken and cut off any excess fat, pat dry. Heat 2 teaspoons of oil in a large nonstick skillet over medium-high heat. Sprinkle the chicken with half of the salt and pepper and carefully lay each piece in the hot pan. Cook for 3 minutes on each side and transfer them to a plate and set aside. You only want to brown them at this point. Reduce the heat to med-low.

Add the remaining oil, onions and bell peppers to the pan and cook for 3 minutes, stirring to loosen the brown bits off the bottom of the pan. Cook until the onions soften and begin to brown. Add the garlic and mushrooms, cook for 30 seconds. Slowly and carefully pour in the wine and stir for 30 seconds and increase the heat to medium. Then add the reserved mushroom liquid and the tomatoes through capers and cook for 10 minutes so the sauce can reduce.

Check the rice and when it is done, drain off any excess liquid and cover to keep warm until the chicken is ready.

Reduce the heat to medium-low and return the chicken to the pan, cover and cook for 5-6 minutes or until the chicken is done.

Serve the chicken over the rice and spoon the sauce over both. Enjoy!