

Chicken Cacciatore Soup

Courtesy of Carole's Creations

Prep Time: 30 minutes

Cooking Time: 30 - 45 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

2 boneless, skinless chicken breasts cut into bite size pieces

1 teaspoon salt, divided

1/4 teaspoon black pepper, divided

4 teaspoons olive oil, divided

Half of a medium yellow 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

3 - 15 ounce can reduced fat, low sodium chicken broth

3 servings of brown or whole grain rice, uncooked

1 bay leaf

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.

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 soup pot 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. Return the chicken to the pot and cook for 30-45 minutes so the flavors can combine and the rice cooks.

Remove the bay leaf and serve the chicken cacciatore soup. Enjoy!