



Chicken Cacciatore

4 Servings • 1 Serving = 1 Chicken Thigh with 1/2 Cup Sauce

INGREDIENTS

- 4 chicken thighs, with bones
- Salt and pepper, to taste
- 1 Tablespoon olive oil
- 1/2 cup onion, diced
- 2 garlic cloves, minced
- 1/2 cup green bell pepper, diced
- 1/4 cup red bell pepper, diced
- 1 (15 ounce) can crushed tomatoes
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 2 Tablespoons parsley, chopped

DIRECTIONS

1. Season chicken with salt and pepper on both sides.
2. Add oil to skillet and brown chicken on both sides for a few minutes. Add onion, garlic, and bell peppers. Sauté until soft and golden about 5 minutes.
3. Pour tomatoes over the chicken and vegetables. Add oregano, bay leaf, additional salt and pepper, and add water, as needed. Stir and cover.
4. Simmer for 30-40 minutes at medium heat.
5. Remove the bay leaf and garnish with parsley.

Nutrition Facts

4 servings per container
Serving size 1 Chicken Thigh with 1/2 Cup Sauce

Amount per serving
Calories 160

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 340mg 15%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 16g

Vitamin D 0mcg 0%

Calcium 56mg 4%

Iron 2mg 10%

Potassium 576mg 10%

*The % Daily Value tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.

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