

Chicken Cacciatore

- 1 tablespoon olive oil or coconut oil
- 1 lb. bone-in chicken legs
- 1/2 lb. chicken thighs
- 1/2 teaspoon Himalayan sea salt
- 1/2 teaspoon Freshly ground black pepper
- 1 onion, minced
- 2 red bell pepper, finely chopped
- 2 cup mushrooms, sliced
- 2 cloves garlic, minced
- 1 pint cherry tomatoes
- 1 14.5-oz. can diced tomatoes
- 1 cup chicken broth or water
- 1 tablespoon fresh basil leaves, roughly chopped



1. In a large skillet with high edges, heat 1/2 tablespoon of oil over medium-high heat, swirling to coat the bottom of the pan. Season the chicken with salt and pepper and place in pan. Sear chicken until golden brown, about 3 minutes per side.
2. Remove the chicken from the pan and set aside. With the same pan still on medium-high heat, add the remaining 1/2 tablespoon oil, onions, and peppers and sauté for 2 to 3 minutes, until the onion becomes translucent.
3. Add mushrooms and continue to cook, stirring for 2 minutes. Add garlic and stir until aromatic, about 1 minute, then add diced tomatoes.
4. Return chicken to pan and cover everything with chicken broth or water. Reduce heat to medium and bring everything to a simmer.
5. Turn the heat down to low and continue to simmer (not boil) until the chicken reaches an internal temperature of 160°, about 30 minutes.

Makes 4 servings.

Serving Size = 3 ounces of chicken and 1 cup of cooked vegetables

Enjoy with 1 cup of on plan fruit to complete the meal.

