

Chicken El Captain

Mary and Greg Taylor

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16 small white onions (or two onions), chopped
4 shallots, minced
1 clove garlic, minced
2 tablespoons olive oil
6 boneless/ skinless chicken breasts, cut in 1/2-inch strips
2 green peppers, chopped
1/2 teaspoon curry powder
1 bay leaf
1 tablespoon tomato paste
1 can beef consomme'
1 tablespoon parsley, minced
1/2 teaspoon thyme
1/4 teaspoon salt
1/4 teaspoon pepper
1 cup dry red wine
1 cup water
1/2 pound fresh mushrooms, sliced
1 fresh tomato (for garnish), seeded and chopped
1/4 cup slivered blanched almonds (for garnish), toasted
1 cup white seedles grapes (for garnish)
cooked rice

Preheat the oven to 350 degrees.

In a skillet, saute' the onions, shallots and garlic in olive oil until soft. Remove to a casserole dish.

In the same pan, saute' the chicken. Remove the chicken to the same casserole dish.

Add the green peppers, curry powder, bay leaf, tomato paste, beef consomme', parsley, thyme, salt, pepper, red wine and water to the casserole dish. Cover.

Bake for 30 minutes. Add the mushrooms. Cook 5 minutes. Thicken the sauce, if desired, with arrowroot, dissolved in red wine and added to the casserole.

Serve garnished with tomato, almonds and grapes.

Serve with rice.

Per Serving (excluding unknown items): 3576 Calories; 190g Fat (50.8% calories from fat); 372g Protein; 42g Carbohydrate; 8g Dietary Fiber; 1114mg Cholesterol; 1939mg Sodium. Exchanges: 0 Grain(Starch); 52 Lean Meat; 7 Vegetable; 5 1/2 Fat.