

Chicken

Classic Chicken Cacciatore

www.HeinzKetchup.com

Servings: 8

Preparation Time: 20 minutes

Cook time: 1 hour

2 pounds boneless/ skinless chicken thighs

1/2 teaspoon salt

1/2 teaspoon pepper

1 tablespoon canola oil

1 cup onion, sliced

1 cup green pepper, sliced

3 cups diced tomatoes

1 cup Heinz Tomato ketchup

1/4 cup white wine or chicken broth

2 cloves garlic, minced

1 1/2 teaspoons dried thyme

1 1/2 teaspoons dried oregano leaves

Hot buttered egg noodles or pasta

Preheat the oven to 350 degrees.

Trim excess fat and gristle from the chicken.

In a large skillet over medium-high heat, heat the oil. Brown the chicken in batches, cooking 2 minutes on each side.

Transfer the chicken to a casserole dish.

Spread the onion and peppers evenly over the chicken.

In a medium bowl, combine the tomatoes, ketchup, wine, garlic, thyme and oregano. Pour over the chicken and vegetables.

Bake, covered, for 50 to 60 minutes or until the chicken is tender and the sauce is thickened.

Serve with egg noodles or pasta.

Per Serving (excluding unknown items): 44 Calories; 2g Fat (37.4% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 141mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Fat.