
Chicken Cacciatore III

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 4

1/4 cup flour

1/2 teaspoon salt

1 (2-1/2 to 3 pound) broiler-fryer chicken, cut up

1/4 cup olive oil or salad oil

1/2 cup chopped onion

1/4 cup chopped celery

1/4 cup chopped green pepper

1/4 teaspoon garlic powder

1 can (16 ounce) tomatoes, cut up

1 can (8 ounce) tomato sauce

1 can (3 ounce) sliced mushrooms, drained

1/3 cup white wine

1 teaspoon salt

1/2 teaspoon dried basil leaves, crushed

1/2 teaspoon dried rosemary leaves, crushed

dash pepper

In a plastic or paper bag, combine the flour and 1/2 teaspoon of salt. Add a few pieces at a time and shake.

In an ovenproof skillet, brown the chicken in hot oil. Remove the chicken.

In the same skillet, cook the onion, celery, green pepper and garlic until tender, but not brown. Return the chicken to the skillet.

In a bowl, combine the tomatoes, tomato sauce, mushrooms, wine, salt, basil, rosemary and pepper. Pour over the chicken.

Cover and bake at 350 degrees until the chicken is tender, about one hour.

Remove the chicken to a warm serving dish. Ladle the sauce over the top.

Chicken

Per Serving (excluding unknown items): 83 Calories; trace Fat (4.8% calories from fat); 3g Protein; 15g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1182mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Vegetable.