
Chicken Cacciatore

Lucy Colucci

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2 boneless chicken breasts
9 tablespoons olive oil
2 cloves garlic, chopped
1 can (28 ounce) crushed tomatoes
4 tablespoons tomato paste
1 large can mushrooms or one pound fresh mushrooms
2 large bell peppers, cut in strips
cooked rice or a loaf of garlic bread

Wash and pat the chicken dry. Cut into strips. Set aside.

In a sauce pot, heat three tablespoons of olive oil. Add the garlic. Cook slightly, being careful not to burn. Pour the crushed tomatoes and paste in the hot olive oil. Mix together and simmer.

Heat four tablespoonfuls of olive oil in a skillet. Add the chicken strips, a few pieces at a time. Cook until golden. Remove the chicken to a plate.

Add two tablespoons of olive oil. Saute' the mushrooms, allowing some moisture to cook off. Add the peppers to the mushrooms and cook just until the peppers soften. Place the chicken pieces in the sauce. Cook for 20 minutes on medium heat.

Add the mushrooms and the peppers to the sauce. Cook approximately 20 minutes more.

Serve over a bed of rice or with a loaf of garlic bread.

Chicken

Per Serving (excluding unknown items): 2218 Calories; 176g Fat (71.1% calories from fat); 127g Protein; 34g Carbohydrate; 8g Dietary Fiber; 371mg Cholesterol; 969mg Sodium. Exchanges: 17 1/2 Lean Meat; 6 Vegetable; 24 1/2 Fat.