

Hunter Style Chicken

Linda Lenkowski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Yield: 4 to 5 servings

4 slices bacon, cut into one-inch pieces

1 medium onion, sliced

1 (2 to 2-1/2 pound) broiler - fryer pieces

salt

pepper

1 can (16 ounce) tomatoes, cut into bite size pieces

1/3 to 1/2 cup Heinz 57 sauce

1 tablespoon sugar

hot buttered rice

In a large skillet, saute' the bacon until partially cooked. Then saute' the onion in the same skillet until the onion is tender. Remove the bacon and onion. Set aside.

Drain the drippings from the skillet, reserving two tablespoons in the skillet. Brown the chicken in the reserved drippings. Sprinkle lightly with salt and pepper. Drain the excess fat.

In a bowl, combine the cooked bacon, onion, tomatoes, Heinz sauce and sugar. Pour over the chicken. Cover.

Simmer for 40 minutes to 45 minutes or until the chicken is tender, basting occasionally.

Serve with rice.

Per Serving (excluding unknown items): 262 Calories; 13g Fat (43.7% calories from fat); 10g Protein; 28g Carbohydrate; 3g Dietary Fiber; 22mg Cholesterol; 419mg Sodium. Exchanges: Lean Meat; 3 Vegetable; 2 Fat; 1 Other Carbohydrates.