**Chicken Cacciatore**

RECIPE

**INGREDIENTS**

* 24 boneless skinless chicken breasts
* 8 tablespoons oil
* 8 tablespoons flour
* 1 tablespoon oregano
* 1 tablespoon garlic powder
* Salt and pepper
* 4 red or green peppers, cut into strips
* 3 cups onion, chopped
* 1 (#10) can diced or stewed tomatoes
* 1 1/3 cup low sodium chicken broth
* Optional Ingredients:

fresh chopped parsley, mushrooms

**DIRECTIONS**

1. Heat oven to 350 degrees. Spray baking pan with non-stick spray.
2. Heat oil in large roasting pan in oven 2 minutes.
3. Combine flour, oregano, garlic powder, salt and pepper in large re-sealable plastic bag; add chicken pieces, tossing to coat well. Arrange chicken in pan; roast 20 minutes.
4. Stir peppers and onions into pan with chicken; roast 15 minutes more, stirring once.
5. Add tomatoes with their liquid, chicken broth (chicken base and water as directed on instructions) and salt, breaking up tomatoes with spoon.
6. Roast 10-15 minutes longer until chicken is cooked through.
7. Sprinkle with optional chopped parsley.

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| **Prep Time:** 10 minutes | **Cook Time:** 45 minutes | **Total Time:** 55 minutes | **Yield:** 24 servings |