

CHICKEN CACCIATORE

Equipment:

Measuring Spoons

Measuring Cup

Microwave safe plastic bowl with cover

Ingredients:

2 - 1- 2½ lb. chicken pieces 1.4 kg

1 can of tomato sauce 1
(16 oz.) (398 ml)

5 mushrooms, sliced 5

1 medium onion, chopped 1

1 green pepper, cut into 1 strips

1 clove garlic, minced 1

1 tbsp sugar, optional 15 ml

1 tsp oregano 5ml

¼ tsp pepper 1ml

Procedure:

1. Arrange chicken in an oblong dish with meatier portions towards edge of dish.
2. Combine remaining ingredients and spoon over chicken.
3. Cook, covered with plastic wrap or a lid, at **P6** 18 - 20 minutes, or until chicken is tender.
4. Halfway through cooking, rearrange chicken.

To Complete: Let stand, covered, 5 minutes. Serve, if desired, with spaghetti.

Chefs Tip:

For added flavor, brown the meat in a pan on the stove top and use as the recipe states – be sure to deglaze the pan with any liquid in the recipe to extract every bit of flavor.