



PAN-SEARED & SIMMERED CHICKEN CACCIATORE

 **SERVINGS** 4
TOTAL TIME 15 min
COOK TIME 40 min

INGREDIENTS

Chicken & Dredge

- 1 whole chicken, cut into serving pieces
- 14 cup all-purpose flour
- 1 tsp salt
- 1 tsp freshly ground black pepper

Aroma Sauce Base

- 3 tablespoons olive oil
- 3 tbsp olive oil
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 8 oz baby bella mushrooms, sliced
- 3 cloves garlic, minced

Liquid & Seasoning

- 14 cup dry white wine

- 12 cup chicken broth
- 1 can (28 oz) crushed tomatoes with basil
- 2 tsp Italian seasoning
- 2 tsp balsamic vinegar
- 2 tbsp sugar

Serve

- Shredded Parmesan Cheese



DIRECTIONS

Step 1: Dredge & Sear the Chicken

1. In a large shallow bowl, mix together the all-purpose flour, salt, and black pepper.
2. Pat the chicken pieces dry, then lightly dredge each piece in the flour mixture, shaking off any excess.
3. Heat 2 tablespoons of the olive oil in a large skillet or Dutch oven over medium-high heat.
4. Add the chicken pieces skin-side down (work in batches if needed to avoid overcrowding) and sear until golden brown on all sides—about 4 to 5 minutes per side.
5. Transfer the seared chicken to a plate and set aside.

Step 2: Sauté the Vegetables

1. Reduce the heat to medium and add the remaining 1 tablespoon of olive oil to the same pan.
2. Toss in the diced yellow onion, green bell pepper, and sliced baby bella mushrooms. Cook for 5 to 6 minutes until the vegetables soften and begin to brown around the edges.
3. Add the minced garlic and sauté for about 1 minute until fragrant.

Step 3: Deglaze & Build the Sauce

1. Pour in the white wine, using a wooden spoon to scrape up all the flavorful browned bits stuck to the bottom of the pan. Let it simmer for 2 minutes until reduced by half.
2. Stir in the chicken broth, crushed tomatoes with basil, Italian seasoning, balsamic vinegar, and sugar. Mix thoroughly to combine.

Step 4: Simmer & Finish

1. Nestled the seared chicken pieces (along with any accumulated juices) back into the simmering sauce.
2. Reduce heat to low, cover the pan, and gently simmer for 25 to 30 minutes, or until the chicken is tender and cooked through to an internal temperature of 165°F (74°C).
3. Taste the sauce and adjust salt or pepper if desired.

Step 5: Garnish & Serve

1. Spoon the cooked chicken and generous amounts of vegetable sauce onto warm plates or over pasta/crusty bread.
2. Top generously with shredded Parmesan cheese right before serving.