
Chicken Cacciatore II

Mary Paglia

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3/4 cup olive oil
3 cloves garlic, crushed
2 pounds boneless chicken breasts, cut in strips
2 green peppers, cut in strips
2 red peppers, cut in strips
4 medium onions, sliced thick
2 carrots, cut in long strips
2 potatoes, cut in long strips
2 cans tomato sauce
1 cup mushrooms, sliced
pepper flakes (to taste) (optional)
salt (to taste)
pepper (to taste)
large can peas

Preheat the oven to 375 degrees.

In a 13x9x2-inch pan, mix together the olive oil, garlic, chicken breasts, green and red peppers, onions, carrots, potatoes, tomato paste, mushrooms, pepper flakes, salt and pepper. Add water to cover.

Bake in the oven for one hour.

Just before removing from the oven, add the peas.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 2160 Calories; 165g Fat (65.9% calories from fat); 24g Protein; 168g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 3057mg Sodium. Exchanges: 3 Grain(Starch); 21 1/2 Vegetable; 32 1/2 Fat.