

Chicken Cacciatore

Ingredients

3- to 3 1/2-lb cut-up whole chicken
1/2cup all-purpose flour
1/4cup vegetable oil
1medium green bell pepper
2medium onions
1can (14.5 oz) diced tomatoes, undrained
1can (8 oz) tomato sauce
1/2 teaspoon dried oregano leaves
1/4 teaspoon dried basil leaves
1/2teaspoon salt
2cloves garlic, finely chopped
Grated Parmesan cheese, if desired

Preperation

1. Coat chicken with flour. In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil 15 to 20 minutes or until brown on all sides; drain.
2. Remove from heat and reserve
3. Cut bell pepper and onions crosswise in half; cut each half into fourths.
4. Add bell pepper, onions, and garlic. Saute until tender
5. Add remaining ingredients except cheese into chicken in skillet. Heat to boiling; reduce heat. Cover and simmer 30 to 40 minutes or until chicken cooked through