



Chicken Cacciatore Pasta

Vegetarian option: Substitute beans for chicken.

Gluten free option: Substitute GF pasta, rice, or roasted vegetables for pasta.

Serves 3-4

Ingredients:

5 tablespoons olive oil
½ cup sliced red bell pepper
½ cup sliced green bell pepper
¼ cup diced pepperoncini pepper or any spicy pepper
½ cup sliced yellow onion
2-3 diced chicken breast about 2 ½ cups
1 tablespoon minced garlic
1 ½ cups chicken or vegetable broth
1 ½ cups canned tomato sauce
1 cup canned diced tomatoes
5 minced basil leaves
Cracked red pepper flakes to taste
1 pound cooked pasta
1 cup grated parmesan cheese
Salt and Pepper to taste
Option: Add olives and capers to taste if you like them!

Directions:

- Make sure your pasta is already cooked.
- Preheat a 3-4 quart pot on medium high heat for about 3 minutes.
- While stirring, saute the peppers and onions for about 4 minutes.
- Add the chicken and continue to cook for an additional 3 minutes.
- Reduce the heat to medium and add the garlic, continuing to cook for another 2 minutes.
- Next add the broth, basil, and red pepper flakes.
- Simmer and cook for another 4 minutes.
- Now add the tomato sauce and bring to a low boil for 4 minutes.
- Return to a simmer and cook for 5 minutes for perfectly cooked chicken or as long as 30 minutes on low for fork tender chicken.
- Season with salt and pepper to taste before serving over the pasta and garnish with the grated parmesan.