



# Instant Pot/Crockpot/Stovetop Chicken Cacciatore

Prep Time 15 mins  
Total Time 30 mins  
Meal Type Lunch,Dinner  
Source Living Plate Teaching  
Kitchen



Servings 6

## Ingredients

lb,c g,ml

- 1 bell pepper, green, *chopped*
- 1 bell pepper, red, *chopped*
- 1 onion, *chopped*
- 4 cloves garlic, *chopped*
- 1 1/2 lb chicken thighs
- 1 lb chicken breasts
- 1/2 cups tapioca flour (or other gluten-free flour)
- 3 Tbs olive oil
- 3/4 cups dry red wine (optional)
- 1 (28 oz.) can tomatoes, diced, canned, *with juice* we used fired roasted
- 1/4 cups olives, Spanish
- 1 1/2 tsp oregano, dried
- 1/4 cups basil, fresh, *chopped*
- 1/2 tsp salt
- 1/4 tsp pepper

## Directions

### Prep

1. Chop peppers, onion, garlic, and basil.

### Make

1. (Using the Instant Pot): Set Instant Pot to "Sauté" . Dredge chicken pieces in flour. Once hot, add oil to instant pot and brown chicken pieces. Remove to a plate.
2. Add all vegetables [peppers through garlic] and sauté until fragrant. Add wine, tomatoes, olives, and oregano.
3. Add chicken pieces back to pot, nestling them into the tomato mixture.
4. Lock lid in place and set to high for 12 minutes. When done, release pressure.
5. If a thicker sauce is desired, remove chicken and simmer for additional 10 minutes without lid.
6. Top with basil before serving.
7. (Using a crockpot): Follow same directions as above and set to low for 6 hours or high for 4 hours.
8. (Stovetop): Follow same directions as above in a large braising pan or Dutch oven and simmer stovetop for about 1.5 hours.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

<b>Nutrition Facts</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>390</b>	<b>Total Fat</b> 13.8g	21%	<b>Total Carbohydrates</b> 20g	6%
		Saturated Fat 2.6g	13%	Dietary Fiber 4g	16%
		<i>Trans</i> Fat 0.0g		Total Sugars 6g	
		<b>Cholesterol</b> 149mg	49%	<b>Protein</b> 41g	
		<b>Sodium</b> 546mg	23%		
Vitamin D 0mcg 0% · Calcium 94mg 9% · Iron 3mg 18% · Potassium 894mg 19%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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