



One Pot Italian Chicken

Serves 4

- 1/2 cup all-purpose flour
- 1 teaspoon salt, divided
- 1/4 teaspoon black pepper
- 2 1/2 pounds boneless, skinless chicken breasts, cut into cubes
- 4 tablespoons vegetable oil, divided
- 1 pound fresh mushrooms, quartered
- 1 green bell pepper, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 3/4 cups beef broth (stock cubes are perfect here)
- 1 (28-ounce) jar spaghetti sauce
- 1 (28-ounce) can diced tomatoes, undrained
- 1 teaspoon Italian seasoning

Preparation

1. In a shallow dish, combine flour, 1/2 teaspoon salt, and the black pepper. Roll chicken in flour mixture, coating completely.
2. In a large pan (or pressure cooker) over high heat, heat 3 tablespoons oil until hot; brown chicken on all sides 5 minutes. Remove chicken from pot; set aside. Add mushrooms, green pepper, onion, garlic, and remaining oil to pot and cook 5 minutes, or until onions are tender, stirring occasionally.
3. Add remaining ingredients, including remaining salt; return chicken to pot and bring to a boil. Reduce heat to low and simmer 30 minutes (5-8 mins in a pressure cooker), or until chicken is fork-tender, stirring occasionally.

Try changing chicken for pork or beef, thus being able to serve this great meal more than one time a week.

NOTE: This is perfect cooked in a pressure cooker, saving time and gas.