

## **Chicken Cacciatore with Roasted Garlic Mashed Potatoes**

This is the perfect Italian comfort food dish. The sauce has a nice balance of spice and sweetness. The roasted garlic mashed potatoes make it even better. Your family will love it!

### **Ingredients**

8 chicken thigh pieces with skins (You may use a whole chicken cut into 8 pieces with skins)  
1/2 cup all purpose flour  
1 large white onion, chopped (about 1 1/2 cups)  
1 red bell pepper, seeded and chopped (about 1 cup)  
1 yellow bell pepper, seeded and chopped (about 1 cup)  
1 orange bell pepper, seeded and chopped (about 1 cup)  
3 cloves garlic, finely chopped (about 1 1/2 tablespoons)  
1/2 teaspoon red pepper flakes  
2 (14.5 oz) cans diced tomatoes in juice  
3 oz tomato paste (about 1/4 cup)  
1/2 cup dry red wine  
1 1/2 cups low sodium chicken broth  
1 teaspoon honey  
1/3 cup Italian parsley, finely chopped  
8 tablespoons extra virgin olive oil  
salt and pepper

Roasted Garlic Mashed Potatoes--See recipe

### **Preparation**

Heat 3 tablespoons oil in a large sauce pan on medium-high heat. Add onions and bell peppers; lightly sprinkle with salt and sauté until soft, about 10-12 minutes. Add garlic and red pepper flakes and sauté 2 minutes longer. Stir in tomatoes with their juices, tomato paste, wine, chicken broth, salt and bring to a boil. Cover and simmer until sauce is slightly thickened and reduced, stirring as needed. Add honey and keep at a low simmer. Season to taste with salt.

Pat chicken dry and season both sides with salt and pepper. Place flour in a clean plastic or paper bag. Dredge chicken pieces in flour in batches, shaking off excess. Heat remaining 5 tablespoons oil in a large cast iron or other large pot on medium high-heat. Working in batches, add chicken pieces skins side down and cook until golden brown and crisp on both sides, about 3-4 minutes per side.

Add chicken pieces to sauce, cover and bring the mixture to a medium simmer. Cook until chicken is cooked thru and tender, about 15-20 minutes. Remove from heat and top with chopped parsley. Serve with roasted garlic mashed potatoes.

Makes 6-8 servings