



Hearty Chicken and Tomatoes

Ingredients:

- 1/4 cup coconut oil - neutral flavor
- 1/4 sweet onion
- 1 clove garlic finely chopped
- 1 package skinless boneless chicken thighs about 3lbs
- Pink Himalayan sea salt
- Fresh ground pepper
- Half cup dry red wine or apple cider vinegar
- 3 cups diced, skinned tomatoes with juice
- 2 cups chicken broth
- 1/4 cup capers
- 1/4 cup pitted kalamata olives, optional
- 1/8 teaspoon oregano or sprig if fresh

Instructions:

Add coconut oil to a Dutch oven or heavy bottomed saucepan. Add onions and garlic over medium high heat. Working in batches add the chicken- don't do too many at a time. You want to get a good browning and too many at one time will bake it rather than brown it. Brown both sides, salt-and-pepper and then set them aside. By now your onions and garlic will have a good caramelization to them. This is perfect. That's where a ton of flavor will come from. Pour in the red wine (or apple cider vinegar if wine doesn't suit your taste), stand back and let it steam. Use a wooden spoon to Break all of the brown pieces from the bottom of the pan. Let it reduce by about half. Add tomatoes with their juice and chicken broth. Bring to a low simmer. Add capers and other spices. Add in the chicken burying the pieces into the sauce. Let it gently simmer away for about 30 minutes. Remove and serve.

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