

Instant Pot/Crockpot/Stovetop Chicken Cacciatore

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Lunch,Dinner
 Contributed By



Source [Living Plate](#)

Servings 6



Ingredients

lb,c g,ml

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

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

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.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	390	Total Fat 13.8g	21%	Total Carbohydrates 20g	6%
		Saturated Fat 2.6g	13%	Dietary Fiber 4g	16%
		Trans Fat 0.0g		Total Sugars 6g	
		Cholesterol 149mg	49%	Protein 41g	
		Sodium 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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