

Chicken Cacciatore

**Prep:**

5 mins

Total:

30 mins

Sirve:

6 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ★★★★★☆

Contribuido por:

Diana Valenciano

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Descripción de la Receta:

Pollo Alla Cacciatora or Chicken Cacciatore is an Italian favorite that can be enjoyed year round. With the Saladmaster MP5, all you have to do is add all of your ingredients, wait for the Vapo-Valve™ to click and in 30 minutes, you'll have a delicious meal ready to enjoy. Perfect for those busy weeknights when you need a no-fuss go-to recipe. You can serve the chicken over rice, pasta or with a side of vegetables for a low-carb option.

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15 oz
fire roasted tomatoes, diced
1 red bell pepper, diced
1 medium
onion, strung, use Cone #2
5 oz
mushrooms, sliced, use Cone #5
3 tbsp
tomato paste
1 tbsp
smoked paprika
2 tsp
italian seasoning
1/2 cup
olives, chopped
1/2 tsp
fresh rosemary, chopped
2 tsp
salt (optional)
1 tsp
crushed red pepper (optional)

Preparación :

1. Preheat MP5 to 300°F/150°C.
2. Using the shears remove excess fat and skin from the chicken thighs and add the chicken and all of the ingredients into the MP5.
3. Stir to combine all ingredients. Cover and when Vapo-Valve™ begins to click steadily, turn temperature down to 225°F/105°C and cook for 30 mins.
4. Serve over rice, pasta or with a side of vegetables.

Información nutricional por ración

Calorías: 186
Grasa Total: 3g
Grasa 1g
Saturada:
Colesterol: 45mg
Sodio: 309mg
Carbohidratos: 10g
Fibra 3g
Dietética:
Azúcar: 1g
Proteína: 18g