

Roman-style Chicken

Ingredients

- 1/4 cup olive oil
- 2 cloves garlic, crushed
- **4 - 5 lbs chicken parts**, trimmed
- 2 onions, thinly sliced
- 2 Tbsp tomato paste
- 1 cup white wine
- 1 28oz can San Marzano tomatoes
- 2 lbs red and yellow bell peppers, sliced
- 1/2 bunch parsley leaves, chopped
- 1 Tbsp. dried oregano
- salt and pepper to taste

Directions

Heat oil in a large frying pan over medium heat. Add the garlic and saute until lightly browned. Remove and discard the garlic. Raise heat to medium high and, working in batches, add the chicken parts. Brown on all sides. Remove and set aside.

Discard excess fat from the pan. Turn heat to medium and add the onion slices and tomato paste. Saute until soft. Add the wine, deglaze the pan, and continue cooking until the liquid evaporates. Add the canned tomatoes and press on them to break them. Bring to a boil and stir in the bell peppers and parsley. Cook until the peppers soften. Return chicken to the pan, add oregano and season with salt and pepper to taste.

Cover, reduce heat to low, and cook until the chicken is cooked through, about 40 minutes, stirring occasionally.