



POLLO IN POTACCHIO

Thanks to Kathy Kelly Hines, *BOWA*



INGREDIENTS

- 10 skinless chicken thighs
- Kosher salt and fresh black pepper
- 3 - 4 small sprigs fresh rosemary or dried crushed
- 1 tablespoon and 1 teaspoon olive oil
- 1 large yellow onion finely chopped
- 4 garlic cloves chopped
- 1 celery stalk chopped
- 1 carrot chopped
- 2 - 4 cups imported crushed tomatoes or diced fire-roasted tomatoes
- 1/4 cup dry white wine, preferably Pinot Grigio
- 2 cups low sodium, fat free chicken broth
- Optional: Pinch red pepper flakes

NOTES FROM THE CHEF

While it doesn't need to, this is one of those recipes that can camp out on your stove for hours making your home smell wonderful on a chilly day!

Sometimes I blend the sauce with a stick blender, and other times I play up the chunkiness using diced tomatoes and adding lots of pitted, halved kalamata olives.



PREPARATION

1. Lightly season the chicken with salt and fresh pepper.
2. Place a Dutch oven or large heavy pot on medium-high heat. Add 1 tablespoon oil, when hot add the chicken and sear until browned on all sides, about 6 to 7 minutes on each side. Transfer chicken to a dish and set aside.
3. Sauté garlic and onions, and red pepper flakes if using, in remaining oil; sauté until golden, about 3 minutes, stirring occasionally.
4. Add celery and carrots and sauté on medium-low heat for 2 to 3 minutes, or until soft.
5. Add the wine and chicken broth, scraping any caramelized bits from the bottom.
6. Add tomatoes and reduce heat to low, adjust salt and pepper to taste and simmer for 30 minutes. Use more tomatoes if you like more sauce and a diced variety if you want a chunkier sauce.
7. Add the chicken and rosemary to the sauce, partially cover and cook slowly on low heat for another 25 to 30 minutes, stirring occasionally, adding water if needed.
8. Serve with pasta, noodles or polenta.

