

Chicken with Peppers

Ingredients

- 1- ½ lb. skinless, boneless chicken breast, cut into 2" cubes
- 2 red bell peppers, sliced
- 2 green bell peppers, sliced
- 2 cups mushrooms, sliced
- 2 cups chopped onions
- 1 14.5oz can diced tomatoes, drained well
- 2 tablespoons chopped garlic
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon red pepper flakes
- ½ cup dry white wine
- 1 cup warm milk
- ¼ cup grated parmesan cheese
- Salt and pepper to taste
- Seasoned Italian bread crumbs + 2 tablespoon parmesan cheese
- 2 eggs (egg wash for breading)
- Olive oil



Method

Place chicken in egg wash then roll breadcrumbs and fry in olive oil in a 12" Dutch oven until lightly brown. Remove chicken and set aside on paper towels to drain. Wipe out Dutch oven with paper towels. Heat 3 tablespoons of olive oil in your Dutch oven and add bell peppers, mushrooms, onions and garlic. Cook over medium heat for 6-8 minutes. Add tomatoes, oregano, basil and pepper flakes then cook for 2 minutes. Mix in white wine, warm milk and grated cheese. Add salt and pepper to taste. Place the chicken on top of vegetables cover and cook at 350 degrees for 40 minutes. Use 17 charcoal briquettes on top and 9 charcoal briquettes beneath your Dutch oven. Serve over pasta or rice.

Notes

For a gluten free variation you can use gluten free breadcrumbs or not bread the chicken at all. Just cook the chicken along with the vegetables.

Prep

- Prep: 30 Minutes
- Cook: 1 Hour

Source: -- (4 servings)
