



ITALY

DINNER

PRINTABLE RECIPE PDF

Italian Chicken Cacciatore

Cacciatore means 'hunter' in Italian, and this dish traditionally represents the rustic cooking of the Italian countryside. It was originally made with wild game,

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- **4 pieces** chicken thighs - bone-in, skin-on for more flavor
- **2 tablespoons** olive oil - extra virgin recommended
- **1 medium** onion - finely chopped
- **2 cloves** garlic - minced
- **1 cup** red wine - preferably a medium-bodied Italian wine
- **1 can** crushed tomatoes - about 400g
- **1 teaspoon** dried oregano - or fresh if available
- **1 teaspoon** dried basil - or fresh if available
- **1 teaspoon** salt - to taste
- **1/2 teaspoon** black pepper - to taste
- **1 cup** bell peppers - sliced, assorted colors for sweetness
- **fresh parsley to garnish** - for serving

WHY THIS WORKS

About this recipe

A printable Italian Chicken Cacciatore recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Cacciatore means 'hunter' in Italian, and this dish traditionally represents the rustic cooking of the Italian countryside. It was originally made with wild game, but chicken is commonly used today, reflecting Italian home cooking's

SHOPPING LIST

Ingredients continued

- 1/4 cup black olives - pitted and sliced, optional

ORIGIN & TRADITION

Mediterranean context

Cacciatore means 'hunter' in Italian, and this dish traditionally represents the rustic cooking of the Italian countryside. It was originally made with wild game, but chicken is commonly used today, reflecting Italian home cooking's adaptability and reliance on seasonal ingredients.

METHOD

Step-by-step instructions

1

Heat the olive oil in a large skillet over medium heat. Season the chicken thighs with salt and pepper, then add them to the skillet skin-side down. Brown the chicken for about 5-7 minutes on each side until golden brown. Remove the chicken and set aside.

2

In the same skillet, add the chopped onion and garlic, sautéing until translucent. Add the bell peppers and cook for an additional 3-4 minutes until softened. Pour in the red wine, scraping any browned bits from the bottom of the skillet, and let it reduce by half.

3

Stir in the crushed tomatoes, oregano, and basil. Return the chicken to the skillet, nestling it into the sauce. Cover and simmer on low heat for about 30 minutes until the chicken is cooked through and tender.

4

If using olives, stir them in during the last 5 minutes of cooking. Adjust seasoning with salt and pepper. Serve garnished with fresh parsley.

CHEF'S TIP

For added depth, marinate the chicken in wine and herbs for a few hours before cooking.

NUTRITION PER SERVING (EST.)

Calories	450 kcal	Fat	25 g
Protein	30 g	Fiber	3 g
Carbohydrates	18 g	Sodium	600 mg

SERVING SUGGESTION

Serve with rustic Italian bread to soak up the sauce and a side of polenta or a simple green salad.

[PRINTABLE MEDITERRANEAN RECIPE PDF](#)MedTableAI.com