



Chicken Cacciatore

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	boneless, skinless chicken (approx. twenty 6 oz (170 g) pieces)	3.5 kg
¼ cup	vegetable oil	60 mL
2	onions, diced	2
4 cloves	garlic, minced	4 cloves
6 stalks	celery, diced	6 stalks
2	green peppers, chopped	2
2	red peppers, chopped	2
8 cups	mushrooms, sliced	2 L
4 (28 oz) cans	low sodium tomatoes, diced or crushed	4 (796 mL) cans
2 tbsp	wine vinegar	30 mL
2 tbsp	rosemary, dried	30 mL
2 tbsp	basil, dried	30 mL
4	bay leaves	4
1 tsp	salt	5 mL
Optional:	parmesan or cheddar cheese, grated pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. In a large pot, heat oil on medium-high heat. Sauté onion until soft.
3. Add garlic and cook 2 minutes.
4. Add mushrooms and cook until liquid has reduced.
5. Add celery and peppers. Cook 2 minutes.
6. Add tomatoes, vinegar, spices, salt, and pepper (if using). Simmer 25 – 30 minutes.

Note 1: Instructions are continued on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

7. Meanwhile, place chicken on a parchment-lined baking sheet. Bake for 25 – 30 minutes until internal temperature reaches 165°F (75°C). Cool slightly, and then slice chicken into bite-sized pieces.
8. Add chicken to tomato mixture.
9. Simmer sauce for an additional 15 – 20 minutes until heated through.
10. Remove bay leaves before serving.

Vegetarian Substitution suggestion:

Chickpea Cacciatore – Follow steps 1 to 7. Remove enough sauce to serve desired number of vegetarian dishes. Then, add cooked chickpeas instead of chicken into the tomato mixture. For one vegetarian serving, use about ½ - ¾ cup (125 – 175 mL) cooked chickpeas and ½ - ¾ cup (125 – 175 mL) sauce

Nutrition Information	
Serving 175 g (6 oz)	
Calories	110
Fat	2.5 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	110 mg
Carbohydrates	6 g
	Fibre 1 g
	Sugars 3 g
Protein	16 g
Calcium	20 mg
Iron	1.5 mg

Food Guide Servings
1 Vegetable & Fruit
1 Meat & Alternative