

Balsamic Braised Chicken & Sweet Peppers



Makes:

4 servings

Utensil:

Saladmaster Food Processor

4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

Rate ☆☆☆☆☆

Recipe:

Contributed By:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

[Write a Review](#)

Recipe Description:

Boneless chicken thighs cook quickly for this easy meal. There is plenty of delicious sauce that pairs well with roasted potato or rice. Substitute bone-in chicken legs and thighs for an equally delicious meal, when you have a little more time.

1 ½ pounds
boneless chicken thighs, trimmed of excess fat
(680
g)
1 medium
onion, medium dice
2 cloves
garlic, shredded, use Cone #1
2 sweet bell peppers, medium dice
1 teaspoon
dried basil
(1
g)
2 tablespoons
capers, drained and rinsed
(17
g)
1 cup
chicken stock
(240
mL)
¼ cup
balsamic vinegar
(60
mL)
2 tablespoons
arrowroot powder or organic cornstarch
(16
g)

salt and fresh ground pepper
¼ fresh parsley, chopped
(15

g)

Directions:

1. Preheat pan over medium-high heat until several drops of water sprinkled in pan skitter and dissipate, approximately 5 - 7 minutes.
2. While pan is preheating, trim chicken and place on clean plate. Season both sides of chicken with salt and pepper.
3. Place seasoned chicken thighs in pan in a single layer. Cook for 3 - 4 minutes on each side until browned. Remove chicken from pan and place in clean dish along with any juices.
4. Add onions, garlic and peppers to pan and sauté onion for 2 - 3 minutes until slightly softened. Add basil and capers.
5. Place chicken and any juices back in pan. Pour 1 cup chicken stock and balsamic vinegar over top of chicken.
6. Place cover on pan. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 15 minutes until chicken is cooked through.
7. In a small bowl, thoroughly combine remaining chicken stock and arrowroot powder. Add to pan and stir to combine.
8. Cook for 8 - 10 minutes until sauce thickens. Add salt and pepper as needed.
9. Top with parsley and serve.

Tips:

- Substitute boneless chicken thighs for bone-in turkey legs.
- Add additional vegetables to braising liquid: new potatoes, carrots, parsnips or your favorite vegetables.

Nutritional Information per

▼ Serving

Calories: 277

Total Fat: 8g

Saturated Fat: 2g

Cholesterol: 160mg

Sodium: 856mg

Total 13g

Carbs:

Dietary Fiber: 2g

Sugar: 5g

Protein: 37g