

## Chicken Cacciatore

**Prep:**

5 mins

**Total:**

30 mins

**Makes:**

6 servings

**Utensil:**

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

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**Recipe:****Contributed By:**

Diana Valenciano

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**Recipe Description:**

Pollo Alla Cacciatora or Chicken Cacciatore is an Italian favorite that can be enjoyed year round. With the Saladmaster MP5, all you have to do is add all of your ingredients, wait for the Vapo-Valve™ to click and in 30 minutes, you'll have a delicious meal ready to enjoy. Perfect for those busy weeknights when you need a no-fuss go-to recipe. You can serve the chicken over rice, pasta or with a side of vegetables for a low-carb option.

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6 chicken thighs, bone-in, skinless  
15 oz  
fire roasted tomatoes, diced  
1 red bell pepper, diced  
1 medium  
onion, strung, use Cone #2  
5 oz  
mushrooms, sliced, use Cone #5  
3 tbsp  
tomato paste  
1 tbsp  
smoked paprika  
2 tsp  
italian seasoning  
1/2 cup  
olives, chopped  
1/2 tsp  
fresh rosemary, chopped  
2 tsp  
salt (optional)  
1 tsp  
crushed red pepper (optional)

**Directions:**

1. Preheat MP5 to 300°F/150°C.
2. Using the shears remove excess fat and skin from the chicken thighs and add the chicken and all of the ingredients into the MP5.
3. Stir to combine all ingredients. Cover and when Vapo-Valve™ begins to click steadily, turn temperature down to 225°F/105°C and cook for 30 mins.
4. Serve over rice, pasta or with a side of vegetables.

Nutritional Information per

▼ Serving

**Calories:** 186  
**Total Fat:** 3g  
**Saturated Fat:** 1g  
**Cholesterol:** 45mg  
**Sodium:** 309mg  
**Total** 10g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 1g  
**Protein:** 18g