

Instant Pot/Crockpot/Stovetop Chicken Cacciatore

Prep Time 15 mins
Total Time 30 mins

Meal Type Lunch,Dinner
Contributed By



Source [Living Plate](#)

Servings 6



Ingredients

- 1 1/2 lb chicken thighs
- 1 lb chicken breasts
- 1/2 cup tapioca flour (or other gluten-free flour)
- 3 Tbs olive oil
- 1 green bell pepper, *chopped*
- 1 red bell pepper, *chopped*
- 1 onion, *chopped*
- 4 cloves garlic, *chopped*
- 3/4 cup dry red wine
- 1 (28 oz.) can diced tomatoes, *with juice we used fired roasted*
- 1/4 cup Spanish olives
- 1 1/2 tsp dried oregano
- 1/4 cup basil, fresh, *chopped*
- 1/2 tsp salt
- 1/4 tsp pepper

Directions

Prep

1. Chop peppers, onion, garlic, and basil.

Make

1. (Using the Instant Pot): Set Instant Pot to "Sauté". Dredge chicken pieces in flour. Once hot, add oil to instant pot and brown chicken pieces. Remove to a plate.
2. Add all vegetables [peppers through garlic] and sauté until fragrant. Add wine, tomatoes, olives, and oregano.
3. Add chicken pieces back to pot, nestling them into the tomato mixture.
4. Lock lid in place and set to high for 12 minutes. When done, release pressure.
5. If a thicker sauce is desired, remove chicken and simmer for additional 10 minutes without lid.
6. Top with basil before serving.
7. (Using a crockpot): Follow same directions as above and set to low for 6 hours or high for 4 hours.
8. (Stovetop): Follow same directions as above in a large braising pan or Dutch oven and simmer stovetop for about 1.5 hours.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

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* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -