**Chicken Cacciatore**

*(4 Servings)*

* 4 chicken thighs
* 4 chicken legs
* 1 onion, chopped
* 1 red bell pepper, diced
* 2 garlic, minced
* 28 oz can of crushed tomatoes
* 2 tbsp dried parsley flakes
* 2 tbsp extra virgin olive oil
* salt and pepper to taste

Preheat oven to 350℉.  Season the chicken with salt and pepper.  In a large, oven-safe saute pan, add the olive oil and saute the chicken until golden brown on all sides, on medium-high heat.  Remove the chicken from the pan and pour off all but 2 tbsp. of oil. Add the onion and pepper and cook vegetables are tender. Add the garlic and saute one minute more.  Careful not to burn the garlic. Add the tomatoes, parsley and seasoning.

Transfer oven safe saute pan into preheated oven, and bake chicken and vegetables for about 30 minutes, or until the chicken is cooked through and tender. Enjoy!