
Sicilian Stewed Chicken Thighs with Green Olives & Tomato Sauce

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Servings: 8

1. In a large saute pan, heat olive oil over medium heat and add onion and carrot. Season lightly with salt and pepper, cooking until starting to brown, about 10 minutes, stirring often.
2. Add the chicken thighs, seasonings and cook until starting to brown, about 10 minutes.
3. Add garlic and cook 1-2 minutes, stirring constantly. Add wine and deglaze the pan. Add the marinara sauce. Add water to the jar of marinara and shake vigorously, then pour into the pan with the raisins. Bring a simmer, cover and simmer for 20 minutes.
4. Add the stuffed green olives and simmer a further 20 minutes. Adjust seasonings and serve. Can be made the day before, cooled, and refrigerated. The stew may need a bit more water when reheating. Or, place casserole in a 350° oven and heat for 30 minutes. Freezes well. Serve with polenta.

- 4 tablespoons EVOO
- 1 large onion, diced
- 4 small carrots, diced
- 2 1/2 pounds boneless skinless chicken thighs, cut into 2" cubes
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 8 large garlic cloves, chopped
- 1 1/2 cups red wine
- 30 ounces marinara sauce, jarred or home made
- 1/2 cup water
- 1/2 cup golden raisins
- 1 1/2 cups green olives, stuffed with pimiento, halved crosswise
- Salt and freshly ground black pepper

Per Serving (excluding unknown items): 287 Calories; 14g Fat (48.1% calories from fat); 9g Protein; 26g Carbohydrate; 5g Dietary Fiber; 27mg Cholesterol; 766mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1/2 Fruit; 2 1/2 Fat.

Carolyn T's Blog: tastingspoons.com