

ITALIAN STYLE BAKED CHICKEN WITH PEPPERS

6 Servings

INGREDIENTS

- 6 chicken legs, skinned
- 2 Tbsp oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 red pepper, cored and chopped
- 1 green pepper, cored and chopped
- 1 19oz can tomatoes, drained and chopped
- ¼ tsp dried oregano or basil
- Salt and pepper
- ¼ cup chopped fresh parsley

DIRECTIONS

Step 1

Pre-heat oven to 350 degrees F.

Step 2

Place the chicken legs in a single layer in a lightly oiled roasting pan. Season to taste and bake for 30 minutes.

Step 3

While the chicken is cooking, heat oil in a large pot over medium heat. Add the onion and garlic and cook until onion is soft.

SHOPPING LIST

Chicken legs

Onion

Garlic

Red bell pepper

Green bell pepper

Can tomatoes

Dried oregano

Parsley

Step 4

Add the tomatoes and oregano and bring to a boil. Once boiling turn down to a simmer and cook for 30 minutes or lightly thickened.

Step 5

Season the sauce to taste and pour over the chicken and bake for another 30 minutes.

Step 6

Stir in parsley and enjoy!

From the book: (1999). *Many Hands: Community Kitchens share their Best*. Vancouver, BC: Community Kitchens Publishing.