

## Joan Lucco's Chicken Cacciatore

(contributed by Angie Boyter)

*The very first dinner I cooked for my husband of almost 50 years was **chicken cacciatore**, learned from my Irish mother who learned it from her Sicilian mother-in-law, and it has been a favorite dish at our house ever since. I replaced my family recipe with this one when Dunloggin neighbor Joan Lucco brought it over as I was recuperating from a serious illness, so it always reminds me of the value of friendship. I do NOT recommend skinless boneless chicken breasts in this; they come out a little dry. You might be able to use them if you cook the sauce a lot first and then add the chicken for the last 15 minutes or so, but I haven't tried that.*

3 lbs chicken parts  
2 large onions, fine cut  
1 cup celery, fine cut  
1 lb tomatoes (~a can or 12 oz)  
1 can (8 oz) tomato sauce  
1/4 tsp thyme  
1/4 tsp oregano  
1 bay leaf, crumbled  
2 tsp salt (optional)  
2 whole allspice (or equivalent ground)  
1/2 tsp pepper  
1/2 lb mushrooms, sliced

Brown the chicken in a little oil, ditto the onions, garlic, and green pepper. Mix all ingredients in a large pot. Simmer uncovered about 45 minutes to an hour or until chicken is done and sauce is thickened. Serve with pasta & salad, and sprinkle with pass grated parmesan cheese for a topping. Spaghetti squash works well as a substitute for pasta to reduce calories and carbs.

**Extra tip** There is always extra sauce, and I like to thin it with some chicken broth and add some pasta and chicken bits and maybe spaghetti squash and serve it as a soup. **Lazy cook's tip** You REALLY do not have to brown the chicken and vegetables, but it is a bit better if you do.

