

# "Chicken" Cacciatore

Preparation Time: 25 minutes

Complexity: Intermediate

3 cups soy veggie "chicken", cubed  
3 cups onions, chopped  
1 garlic clove, minced  
1 tbsp olive oil  
1 can (8oz) tomato paste  
½ cup apple juice, unsweetened  
1 cup water  
2 tbsp chicken like seasoning  
½ tsp basil, crushed  
½ tsp rosemary  
½ tsp oregano  
3 cups bell pepper, green sliced  
2 cups mushrooms, sliced  
1 can (28oz) stewed tomatoes



1. In a large pan, sauté diced "chicken", onions, and garlic in olive oil until "chicken" has browned.
2. Add tomato paste, juice, water, and seasonings. Simmer 10 – 15 minutes.
3. Add peppers, mushrooms and tomatoes.
4. Serve hot over brown rice or whole-wheat pasta noodles of your choice.

CHIP Tips:

- Substitute extra-firm tofu in place of veggie "chicken".

Serves: 8

## Nutritional Information

1 Cup Serving	166 Calories	11g Prot (26%)	24g Carb (54%)	4g Fat (20%)	10g Sugar
	4g Fiber	40mg Sodium	0mg Cholesterol	60mg Calcium	