

Recipe for: Chicken in Vinegar Sauce

Ingredients:

3 Tbsp olive oil
8 bone-in skinless chicken thighs and/or breasts
Sea Salt
Fresh ground black pepper
4 large peppers, red, or yellow, thinly sliced
2 large sweet onions thinly sliced
6-8 cloves chopped garlic
1 Tbsp tomato paste
1-1 1/2 cups of balsamic vinegar
2 Tbsp clover honey
2 cups organic chicken or vegetable stock
1/4 cup chopped fresh parsley

Preparation:

Heat oil in a dutch oven over high heat. Pat the chicken dry with paper towels, season with sea salt and pepper. Place chicken in the pan, in batches, top-side down. Cook until golden brown, turn over. Remove chicken to a plate.

Add peppers, onions and cook, stirring occasionally, until slightly soft. Add garlic and cook for 1 minute. Add tomato paste and cook for 1 minute. Add the vinegar and cook until reduced by half, it will thicken. Add honey and broth, season with salt and pepper, cook for 5 minutes. Return the chicken and accumulated juices to the pot. Reduce heat to medium, cover the pot and cook until the chicken is tender, about 15 minutes. Remove the chicken to a platter. Cook sauce more until slightly reduced. Stir in parsley and pour sauce over the chicken.

You can also serve with brown rice or brown rice pasta.