

## Hunter Chicken (one pot meal) 4 servings

This is one of my family's, "old favorites". I love cooking a complete, healthy meal in one pot, which means only one pot to clean. It's a very satisfying winter, cold weather meal.

2 Tbsp canola or avocado oil  
8 boneless, skinless chicken thighs or 4 breasts  
1 medium onion  
2 -3 garlic cloves, chopped  
½ cup white wine or chicken broth  
1 lb potatoes, cubed  
½ lb mushrooms, cut into quarter's  
1 14oz can stewed tomatoes  
1 bell pepper, sliced  
4-6 sprigs Kale, deveined, chopped  
4-6 Chilis- peperocini for mild or jalapeno for spicy  
1 Tbsp fresh rosemary, minced  
Salt & pepper to taste

Heat oil in large, deep skillet over medium heat. Add chicken and saute to brown, 6-8 minutes. Add onion and garlic. Cook until softened. Pour in wine or broth and continue cooking until liquid is mostly evaporated. Add vegetables and rosemary with chicken placed on top. Season with salt and pepper to taste. Cook covered, about 30 minutes. Then uncover and continue cooking until potatoes are tender – approximately 1 hour.

