

Braised Chicken

Serves Two

Ingredients

- 4 chicken thighs or 1 chicken breast
- 1 small onion, finely sliced
- 2 large garlic cloves, thinly sliced
- 4 medium tomatoes, chopped
- 2 thyme sprigs, leaves removed
- 1 rosemary sprig, leaves removed
- 1 teaspoon dried oregano
- 1/2 cup balsamic vinegar
- 5 basil leaves, sliced into ribbons
- Salt and pepper, to taste
- Olive oil

Instructions

1. Prepare the Ingredients:

- Heat a pan over medium heat and add a drizzle of olive oil.
- Add the sliced onions and cook, stirring occasionally, until softened and lightly browned, about 7 minutes. Set aside.

2. Brown the Chicken:

- While the onions are cooking, generously season one side of the chicken thighs (or chicken breast) with salt and pepper.
- Once the onions are done, heat the pan again and add a bit more oil.
- Place the chicken thighs, seasoned side down, into the hot pan. Season the other side of the chicken.
- Brown the bottom side of the chicken for about 5 minutes, then flip and cook for an additional 5 minutes.
- Remove the chicken from the pan and discard the rendered fat, but do not clean the pan.

3. Braise the Chicken:

- Return the browned onions to the pan and scrape up any browned bits from the bottom.
- Add the sliced garlic and cook for about 1 minute until fragrant.
- Return the chicken thighs to the pan.
- Add the chopped tomatoes with their juices, thyme leaves, rosemary leaves, and dried oregano. Stir to combine.
- Pour in the balsamic vinegar and top the mixture with the sliced basil leaves.
- Bring the mixture to a boil, then reduce the heat to low and simmer for about 20 minutes, or until the chicken is cooked through.

4. Serve:

- Serve the braised chicken with pasta, rice, mashed potatoes, or quinoa.
- Enjoy!