



Chicken Spaghetti Sauce

Serves eight

1 whole chicken, cut into 8 to 10 pieces
1 medium white onion - chopped
4 garlic cloves - minced
1 15-oz. can tomato sauce
1 28-oz. can crushed tomatoes
1 medium carrot – chopped
2 celery stalks – chopped
12 white mushrooms - sliced
1-tablespoon basil leaves
1½ tablespoons dried oregano
2 bay leaves
2 TBS olive oil
1 tsp. salt
1 tsp. black pepper
12 oz. cooked spaghetti or creamy polenta

Rinse and pat dry chicken. Coat the bottom of a pot with olive oil. Heat.

Season the chicken generously with salt and pepper. Add the chicken and brown, evenly on all sides. Work in batches if necessary. Remove from the pot.

Discard all but 2 tablespoons of rendered fat. Add the onion and scrape all the brown bits from the bottom of the pan. Add the carrot, celery and garlic. Mix well. Cook for 5 minutes until vegetables are softened. Add the mushrooms, basil and oregano leaves. Mix well and cook for another minute or two.

Add the tomato sauce. Fill the tomato sauce can with water and stir the excess sauce. Add the water to the pan. Add the crushed tomatoes and the bay leaves. Return the chicken to the pan. Bring to a boil, cover and simmer for 1 hour. Remove the bay leaves. Serve on spaghetti topped or creamy polenta with grated Parmesan cheese.

Spaghetti Sauce w/o Noodles and Polenta - CALORIES 344.58; FAT 14.54 grs (sat 3.93; mono 7.27; poly 3.14); PROTEIN 41.64 grs ; FIBER 3.90 grs; CARBS 13.49 grs; CHOLESTEROL 148.80 mg; IRON 6.76 mg; SODIUM 1048.72 mg; CALCIUM 111.78 mg

