HOW TO COOK CHICKEN RECIPES

Chicken and Tomato Recipes

Easy • Prep 15 min • Cook 30 min • Serves 4



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 small onion (100 g), diced
- 3 garlic cloves (9 g), minced
- 1 can (14.5 oz / 411 g) diced tomatoes with juice
- 1/2 cup (120 ml) low-sodium chicken broth
- 1 tsp (1 g) dried oregano
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 1/4 cup (6 g) torn basil leaves

METHOD

1. Season thighs with salt and pepper. Heat oil in a wide lidded skillet over medium-high heat and brown chicken for 3 minutes per side. Transfer to a plate; it is not yet fully cooked.

2. Lower heat to medium and cook onion for 4 minutes. Add garlic and oregano for 30 seconds.

3. Stir in tomatoes and broth, scraping the pan. Return chicken and all juices. Cover and simmer gently for 12-15 minutes, until each thigh reaches at least 165°F (74°C).

4. Uncover and simmer 2-3 minutes if the sauce is watery. Stir in basil off heat.

DONENESS

Check every thick chicken portion with a food thermometer; each must reach at least 165°F (74°C). For bone-in thighs, keep the probe away from bone. Cooking times are estimates.

TIPS & MISTAKES

Use a gentle simmer.
Scrape up browned bits with broth.
Add fresh basil at the end.
Avoid: Treating the initial sear as fully cooked.; Boiling until sauce dries out.; Leaving garlic to burn.

VARIATIONS

Olive: add 1/4 cup sliced olives with the tomatoes.
Spinach: wilt 2 cups spinach in the finished sauce.
Creamy: stir in 2 tbsp cream after chicken cooks.

SERVE, STORE & REHEAT

Serve with pasta, polenta or bread. Refrigerate in shallow containers within 2 hours (1 hour above 90°F/32°C), at 40°F/4°C or colder, for 3-4 days; count any earlier storage time. Freeze chicken and sauce up to 2 months; thaw in the refrigerator. Reheat gently with a splash of broth until the center reaches 165°F/74°C.