

Tuscan Skillet Chicken

Serves 8

INGREDIENTS

2 lbs boneless, skinless chicken thighs
kosher salt & pepper for seasoning
1 tbsp olive oil

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¾ lb cremini mushrooms, sliced
3 sprigs fresh thyme
1 tsp balsamic vinegar
kosher salt & pepper for seasoning

1 onion, diced
3 cloves garlic, minced
1 eggplant, diced
1 cup artichoke hearts, quartered
2/3 cup sun-dried tomatoes, chopped
1 tsp dried oregano
1 tsp fresh thyme, chopped
1 (18 oz) can Cannelini Beans, drained and rinsed
2 (14.5 oz) cans diced tomatoes
1 tbsp sugar
2 tbsp fresh parsley, chopped for garnish
Salt and pepper, to taste

METHOD

1. Season the chicken with salt and pepper. Heat 1 tablespoon of olive oil in a large sauté pan or cast iron skillet over medium-high heat, then add the chicken and brown for 3 minutes on each side. Remove chicken and set aside on a plate.
2. Add one tablespoon of olive oil to the pan. Add the sliced mushrooms, season with salt, and pepper. Add sprigs of fresh thyme, and balsamic vinegar. Once mushrooms are cooked, remove from the pan and set aside.
3. Add the onion to the pan, and olive oil if needed. Season with salt + pepper, and sauté for 5 minutes. Add the garlic, and diced eggplant, and continue to cook until the eggplant is tender. Add in the sundried tomatoes, and artichoke hearts. Sauté for 2 minutes. Stir in the oregano, thyme, beans, diced tomatoes, and sugar.
4. Transfer the chicken back to the pan and spoon some of the sauce and vegetables over top of the chicken. Cook, covered, on the stove top until the chicken is cooked through and the sauce is bubbling, about ten minutes. Return the mushrooms to the pan. Taste and add salt and pepper as needed. Serve hot, garnished with parsley.