



Noreen's Kitchen

Harry's Chicken Special

Ingredients

1 pound boneless, skinless chicken breast	1 teaspoon garlic powder
1 medium onion, chopped	1 teaspoon onion powder
1 green bell pepper, chopped	1 teaspoon Italian seasoning
2 cloves garlic, minced	1 teaspoon dried basil
2 tablespoons butter or olive oil	1 teaspoon dried marjoram
1-15 ounce can tomato sauce	½ teaspoon red pepper flakes
1-15 ounce can Italian seasoned diced tomatoes	1 teaspoon salt
½ cup red wine (optional)	1 teaspoon cracked black pepper
1 cup frozen peas	Cook rice for serving

Step by Step Instructions

Melt butter in a large heavy bottomed skillet, over medium high heat.

Add onion, bell pepper and garlic. Stir to combine.

Add all herbs and spices to the pan and stir well allowing them to bloom and release their oils.

Add tomato sauce, diced tomatoes and red wine. Stir well to combine

Nestle the chicken in the pan and cover with sauce. Cover the pan with a lid and lower the heat to medium.

Allow mixture to simmer for 25 to 30 minutes or until the chicken is tender enough to shred with a fork.

While the chicken is simmering, prepare your desired type of rice.

Remove the chicken from the sauce and shred, then return to the sauce.

Bring the shredded chicken and sauce back to a simmer and add the frozen peas. Stir well. Allow to simmer just a few minutes before removing from the heat.

Taste for seasoning adding more if needed.

Serve over rice.

This recipe is inspired by the novel Trunk Music. Number five in the Harry Bosch detective series by Michael Connelly.