

"Chicken" Cacciatore

Serves: 4

Prep time: 10 minutes

Cook time: 20 minutes



Vegetarian & Vegan
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Ingredients:

*2 cups Hearty Protein Strips

3 cups water (or broth)

2 tbsp. olive oil

1 yellow onion, chopped (about 1 cup)

1 bell pepper, chopped (about 1 cup)

1 cup chopped mushrooms

3 cloves garlic, minced

1 24oz. jar marinara sauce

Directions:

- 1) Combine the Hearty Protein Strips and water and boil until the "chicken" is tender.
- 2) In a large, non-stick skillet, heat the oil and sauté the onion, bell pepper, mushrooms, and garlic until the onion begins to turn translucent (3-5 minutes).
- 3) Drain the cooked "chicken" and press-out excess liquid.
- 4) Combine the drained "chicken," sautéed veggies, and marinara sauce, and simmer until heated through and the peppers are tender (7-10 minutes).
- 5) Serve over your favorite pasta.

Serving suggestions:

- Serve over pasta
- Top with a little cheese or cheese substitute
- Side Dishes:
 - o Steamed veggies
 - o Italian bread



INGREDIENTS



STEP 1



STEP 4



SERVED

*Available on FakeMeats.com

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