

One Pot Paprika Chicken

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 2 white onions, finely chopped
- 2 tbsp extra-virgin olive oil or grapeseed oil
- 1-2 tsp paprika*
- 1 tsp cumin
- 4 boneless, skinless organic chicken breasts, cut in half
- 2 x (28oz) cans diced tomatoes, do not drain
- 2 garlic cloves, finely chopped
- 1/2 cup kalamata olives, preferably with pits (they taste better)
- Fresh chopped basil or parsley

Instructions:

1. In a large saucepan, saute? onions on medium heat (add the garlic at the end, before serving). Add paprika and cumin and saute? for a minute.
2. Add tomatoes, chicken and olives. Bring to a soft boil for a few minutes and reduce to a simmer for approximately 20-25 minutes or until chicken is fully cooked. The sauce will reduce down like you can see in my photo. Now add the fresh garlic.
3. Top with fresh chopped basil or parsley.
4. You can enjoy this with some pasta, or like we do, with a side like this Kale Salad with Creamy Dressing. It's so flavourful, hearty and fulfilling.

Notes:

*Ground paprika ranges from mild to spicy, add the smaller amount first and then taste test. A note on the olives: I prefer using olives with the pit because they are more moist and much more flavourful. My daughter Vienna LOVES olives and she eats them and then spits out the pit, however, you'll need to remove the pit if it's not safe for your little one.