

From the kitchen of David and Jennifer Deaven

4. Pour sauce over (A), top with (E), and bake uncovered at 375F for 20 minutes.
Servings: 6
\$Id: chicken_parmesan_v1.4_2018/12/02_18:49:03_deaven Exp \$

Meat/Chicken Parmesan

Meat/Chicken Parmesan

- A: 4 chicken breasts, split, skinned, and boned.
B: 1 onion, chopped
3c garlic, minced
1T olive oil
C: 28oz tomatoes
12oz tomato sauce
2t oregano
2T basil
1/2t garlic pepper sauce (e.g. Louisiana "crystal")
D: 2T cornstarch
2T water, used to rinse out tomato cans
E: 3oz cheese (mozzarella, hard, etc.)
4T olives, chopped
1/4C parmesan cheese
1. Bake (A) in covered dish ~30 minutes at 425F and drain.
 2. Saute (B) in heavy pan until caramelized. Add (C), mix.
 3. Stir (D) to combine, add to pan, mix to combine, cook over medium heat 5 minutes.



From the kitchen of David and Jennifer Deaven