

One-Pot Italian Chicken



Time: ~45 min | **Difficulty:** Easy

Ingredients:

- 3–4 boneless, skinless chicken breasts (~1.5 lbs)
- 4 cloves garlic, minced
- 1 cup cherry tomatoes
- 1 cup diced bell peppers (red & yellow)
- 2 tsp Italian seasoning

- 2 tbsp extra virgin olive oil
- 1 cup low-sodium chicken broth
- ¼ cup grated Parmesan
- Salt & pepper

Instructions:

1. Preheat oven to 400°F (200°C).
2. Heat olive oil in an oven-safe pot over medium heat. Season chicken with salt, pepper, and Italian seasoning. Sear 3–4 min per side until golden. Remove and set aside.
3. In the same pot, sauté garlic for 30 seconds, then add tomatoes and bell peppers. Cook 2–3 min.
4. Pour in chicken broth, scraping up any browned bits. Nestle chicken back in.
5. Transfer to the oven and bake 20–25 min until chicken reaches 165°F internally.
6. Top with Parmesan and serve with crusty bread or pasta.

Revision #1

Created 2026-04-26 15:45:25 EDT by brandon

Updated 2026-04-26 15:52:00 EDT by brandon