



# Chicken Sauce Piquante

## Ingredients

- 6 chicken breasts
- 1 1/2 cups oil
- 1 cup flour
- 1 (6-ounce) can tomato paste
- 1 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped bell pepper
- 2 tbsps diced garlic
- 1 (10-ounce) can Rotel tomatoes
- 1 (16-ounce) can whole tomatoes
- 1 quart chicken stock
- 2 tbsps sugar
- 1 tsp salt
- black pepper
- cayenne pepper
- 1/2 tsp oregano
- 2 tbsps Worcestershire Sauce
- 1/2 cup sliced green onions
- 1/4 cup chopped parsley

Serves 6

## Directions

In a heavy bottom Dutch oven, heat oil over medium-high heat. Season chicken breasts using salt and pepper and sauté until golden brown. Remove from oil and keep warm.

Add flour to pot and, using a wire whisk, stir until dark brown roux is achieved. Add tomato paste and continue to stir 5-6 minutes or until the sauce is a nice brown color.

Add onions, celery, bell pepper and garlic. Sauté 3-5 minutes or until vegetables are wilted. Add tomatoes and chicken stock. Blend well into the roux mixture, bring to a rolling boil and reduce to simmer.

Add chicken, sugar, salt and peppers. Blend well. Add oregano and Worcestershire. Allow to simmer for 45 minutes or until chicken is tender. Finish with green onions and parsley. Serve over a plate of steamed white rice.