



Margo's Rosemary Chicken

- 2 tsp coconut oil
- 10 boneless, skinless chicken breast halves
- 1 cup dry white wine or alcohol free wine
- 1 cup chicken stock
- 1/3 cup red wine vinegar
- 1/4 cup ketchup
- 2 tbsp brown sugar, packed
- 2 tbsp grated onion – I just chop finely
- 1 tbsp cornstarch – or arrowroot starch
- 1 tsp dried dillweed
- 1 tsp dried rosemary
- 1 tsp dried oregano
- 1 garlic clove, minced – I like garlic so I usually add 2
- 1 tsp salt
- 1 tsp soy sauce
- 1 tsp Worcestershire sauce
- 1/2 tsp paprika

Directions

1. Heat coconut oil in a large frying pan on medium and add chicken, cooking for about 4 minutes per side until browned. Transfer to an ungreased 2.5L casserole dish.
2. Combine the remaining 16 ingredients in a medium saucepan and heat on medium-high until boiling and slightly thickened.
3. Pour over chicken and then bake, covered in a 350F oven for about 45min to 1hr until chicken is no longer pink inside.
4. Serves 10

Note – I usually serve this over chicken and although I do not make as much chicken as the recipe calls for I usually make the same amount of sauce because I like sauce and I can freeze it for a later date.