Creamy Skillet Chicken & Bell Peppers for Two

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### Ingredients:

2 boneless, skinless chicken thighs (about ½ pound), cut into ½“ thick strips (I use kitchen sheers)

¼ teaspoon cumin

¼ teaspoon salt

¼ teaspoon chili powder

¼ teaspoon ground cayenne pepper or milder Creole seasoning

¼ teaspoon poultry seasoning

¼ teaspoon oregano

¼ teaspoon ground, dried (or fresh) thyme

Crushed red-pepper flakes, to taste

½ yellow onion, or a very small one, sliced into strips the same size as the chicken

½ each assorted bell peppers (green, yellow, red), sliced same as the chicken

4 cloves garlic, thinly sliced

1 can cream of chicken soup

½ cup shredded *Gruyère, Grand Cru, Doux de Montagne* or some other meltable, white French or Swiss cheese

¼ cup white wine (a good kind that you actually drink)

2 tablespoons olive oil

### Preparation:

Preheat oven to 350º F. Mix the herbs and spices, then toss with the chicken (I toss it all in a paper bag).

Heat olive oil over med-high heat in an oven-proof skillet and sear chicken until nicely browned, remove from pan, add the peppers, garlic, onions and wine; lightly sauté until starting to soften, making sure to scrape up brown bits from the pan.

Place chicken and their juices back in the pan, add the soup, season with a little salt and ground, black pepper, then stir well. Top with the cheese and bake for 35 – 40 minutes, until the internal temperature of the chicken reaches 175º F. Yum!