

# MAIA ORGANIC CHICKLING STEWED IN A SPICY TOMATO SAUCE



## INGREDIENTS

MAIA ORGANIC HULLED CHICKLING  
STRIANESE WHOLE PEELED TOMATOES  
ITALBRAND ROASTED RED PEPPERS  
TUTTO CALABRO HOT SPREAD SAUCE  
GARLIC  
SALT

## DIRECTIONS

❖ RINSE CHICKLING

- ❖ COOK IN POT OF BOILING WATER (NO SALT) – WHEN TENDER (ABOUT 30-40 MINUTES) DRAIN
- ❖ PUREE TOMATOES, RED PEPPERS, HOT SPREAD SAUCE, GARLIC & SALT
  - ❖ PLACE PUREED TOMATO SAUCE AND CHICKLINGS BACK IN POT AND BRING TO A BOIL
- ❖ REDUCE THE HEAT, COVER AND LET CHICKLING SIMMER FOR ABOUT 20 MINUTES. CHECK FOR SALT.