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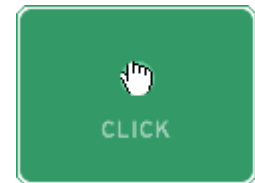
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# Chicken Breasts Pierre

Submitted by: **Nancy**



**Makes 6 servings**

**Prep Time:**

30 Minutes

**Cook Time:**

40 Minutes

**Average Rating:**

★★★★★

Rated by 75 users

" One of my husband's favorites. I've been making this for over fifteen years, and he's not sick of it yet! Serve with pan sauces, crusty French bread and a tossed green salad. "

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## Ingredients

- 6 skinless, boneless chicken breast halves
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1 pinch ground black pepper
- 3 tablespoons olive oil
- 1 (14.5 ounce) can stewed tomatoes, with liquid
- 1/2 cup water
- 2 tablespoons brown sugar
- 2 tablespoons distilled white vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon salt
- 2 teaspoons chili powder
- 1 teaspoon mustard powder
- 1/2 teaspoon celery seed
- 1 clove garlic, minced
- 1/8 teaspoon hot pepper sauce

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**Directions**

- 1** In a shallow dish or bowl, combine flour, 1/2 teaspoon salt and ground black pepper. Coat chicken breasts with flour mixture. Put olive oil in a large skillet over medium heat, and brown chicken on all sides. Remove from skillet, and drain on paper towels.
- 2** In the same skillet, combine the tomatoes, water, brown sugar, vinegar and Worcestershire sauce. Season with salt, chili powder, mustard, celery seed, garlic and hot pepper sauce. Bring to a boil; reduce heat, and return chicken to skillet. Cover, and simmer for 35 to 40 minutes, or until chicken is tender, no longer pink and juices run clear.

**Makes 6 servings**

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**Nutrition at a glance**

Servings Per Recipe: 6	amount per serving
<b>Calories</b>	247
<b>Protein</b>	29g
<b>Total Fat</b>	8g
<b>Sodium</b>	995mg
<b>Cholesterol</b>	84mg
<b>Carbohydrates</b>	15g
<b>Fiber</b>	1g

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