

## Chicken and Shells

From the back of a pasta box in the 80s. This is the recipe my mom would always make when I went home to CT to visit after I moved out of state. And it's the recipe my boys request when they come "home" to visit me in Kings Ridge!

### Chicken and Shells

1 fryer in pieces (I use 6 thighs)  
1 stick of butter  
1 onion and 1 green pepper diced  
1 28 oz. can tomato puree  
1 T. black pepper  
1 T. thyme  
1 T. oregano  
1 T. garlic salt (or 2 minced garlic cloves if you're watching your salt intake)  
1 T. sugar  
1 box of shells or pasta of your choice.

In an electric fryer or stovetop skillet, melt the stick of butter. Add the diced onion and pepper until soft. Push aside to make room for chicken pieces.

Cook chicken over medium-high heat until done (40 minutes). Do NOT brown. Remove to plate to cool. When cool, pick chicken meat and reserve. Discard bones and skin.

After chicken is removed from the skillet, add tomato puree to softened onion/pepper/butter mixture. Add herbs. This is a spicy sauce so you may want to go easy on the black pepper. Add the garlic and sugar. Blend together and cook for 10 minutes or so before adding picked chicken to sauce.

Cook the pasta according to directions.

Once pasta is cooked and draining in a colander, add chicken tomato sauce to the pasta pot. Add the drained pasta and stir to combine.

Serve to enthusiastic diners!

Enjoy!!

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