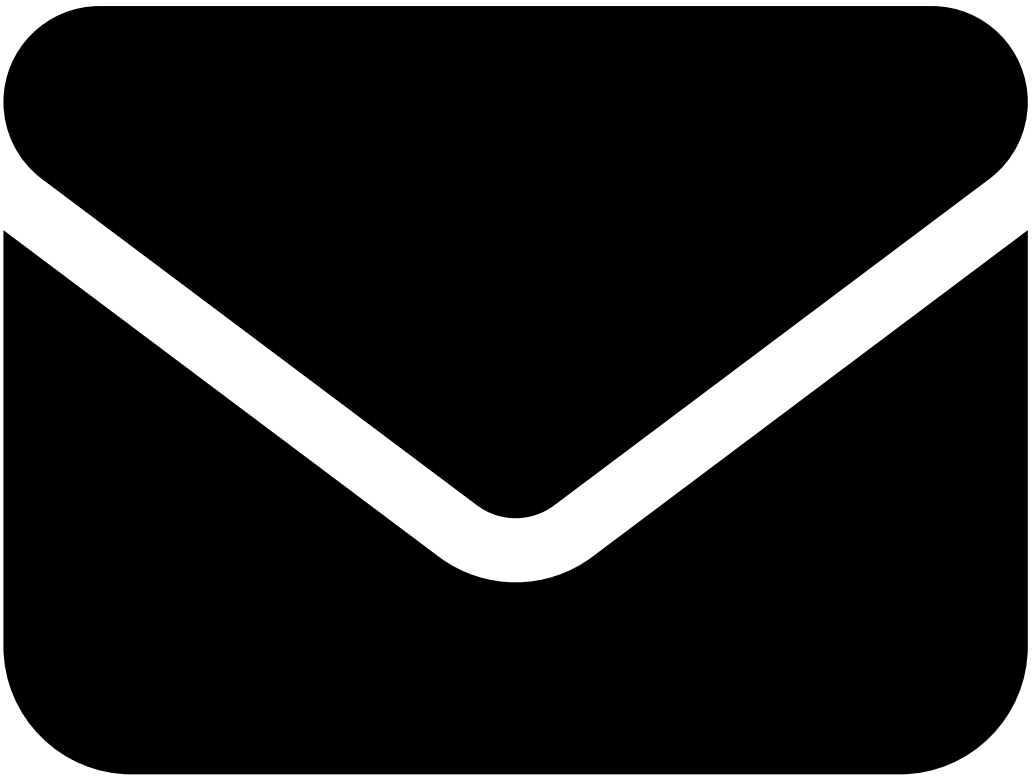
Chicken Bell pepper Italian Sauté

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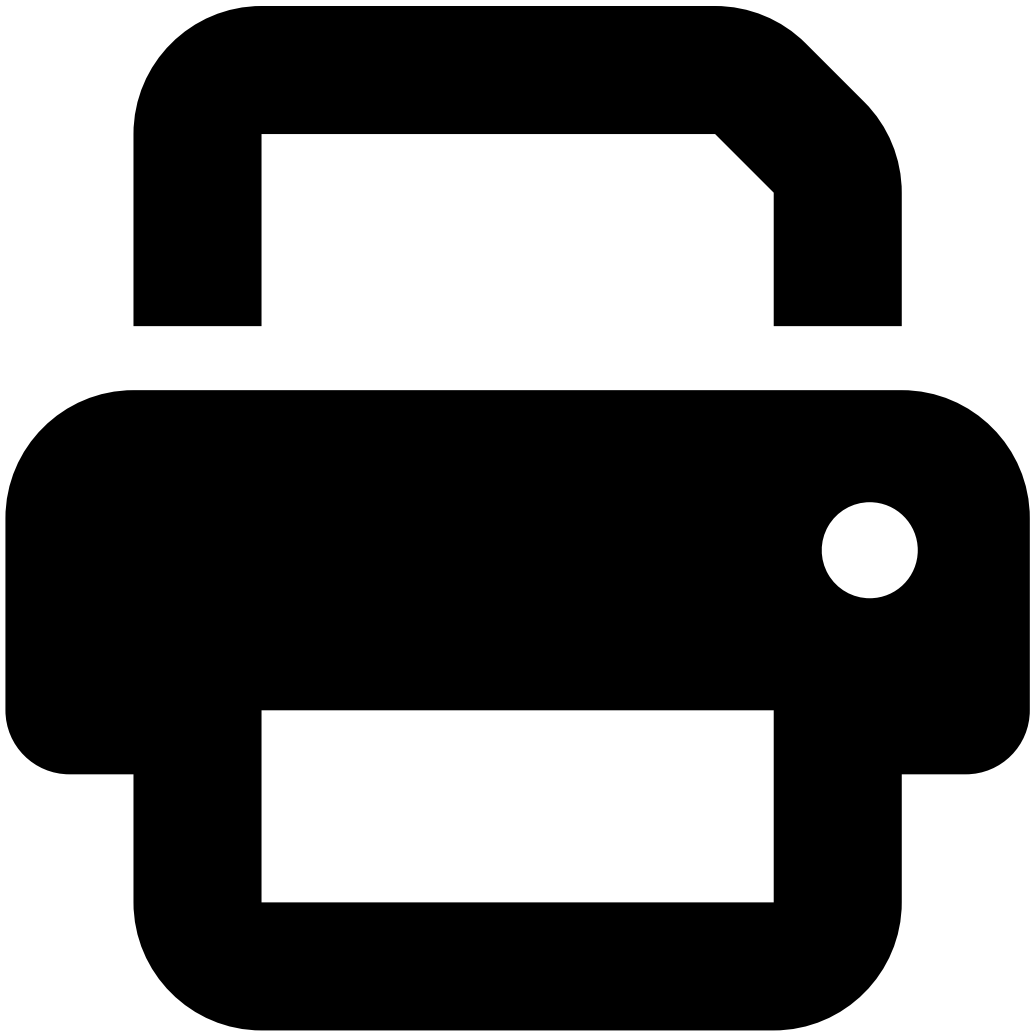









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This chicken bell pepper saute is the Italian version of a traditional stir fry.
In stir fries the heat is higher and the process quicker with continuous movement of ingredients. In classic Italian sautés the heat is lower with less movement of food and usually longer cooking times.

Tender chicken breast, red and green bell peppers and cremini mushrooms in a light tomato sauce full of Italian flavors, everyone loves. Serve it over herby parmesan rice for an easy complete weeknight dinner the is ready in 30 minutes.

3 Variations to this Chicken bell pepper Italian Sauté

This chicken bell pepper Italian saute is easy to customize to your lifestyle and taste.

The first way is the vegetables are completely changeable. If you don’t like bell peppers, leave them out or if you prefer one color pepper over another use that one, or whatever one you have on hand.

Second the rice is totally replaceable with any kind of starch you like, pasta or mash potatoes work well with this chicken saute and it’s delicious on it’s own for a healthy lunch or light dinner.

And Third you can replace the water with white wine, if that’s what fits your taste, I have made it both using white wine and water with not much difference in taste.

Lastly please leave me a comment if you make this Chicken bell Pepper Italian Sauté and don’t forget to tag me on Instagram with your creations. I love hearing from you, It’s my favorite part!!

Chicken Bell Pepper Italian Sauté



Tender chicken, colorful bell peppers, and mushrooms simmer in a savory marinara sauce with spinach and fresh herbs, served over Parmesan parsley rice for a hearty Italian-inspired meal.

- 2 cups dry rice
- 3 skinless boneless chicken breast cut in large cubes
- 1 each red and green bell pepper chopped
- 8 oz cremini mushrooms

- 2 cups chopped spinach
- 1 chopped onion
- 1 tbsp chopped garlic
- 1 cup chicken broth
- 1 cup prepared marinara
- 1 cup water
- 2 tbsp each chopped Italian parsley and basil plus 1/4 cup chopped Parsley for the rice

1. Cook rice according to package directions

2. In a large saute pan bring the oil and butter to medium heat
3. Salt and pepper the chicken and saute until lightly brown add the onions, peppers, mushrooms and garlic saute until tender and just beginning to brown
4. Add the water and scrape up the brown bits simmer a few minutes then add the chicken broth and marinara sauce simmer on low 15 minutes
5. Add the spinach and herbs last 5 minutes
6. Add 1/2 cup grated parmesan and 1/4 cup chopped Italian parsley to the rice mix well
7. Pour the chicken and bell pepper over the rice