

Chicken Stroganoff

HolisticQ Signature Recipe

Serves 6 - 8

If you love Beef Stroganoff the way we do, you will add this chicken version to your list of kick-ass (had to say it :) meals!

Ingredients:

6 large chicken thighs (bone in and skin on)
8oz sliced fresh mushrooms (2.5 cups)
1 large onion sliced very thin
1 teaspoon minced garlic
1/4 cup butter (1/2 stick)
1 1/2 cups chicken stock
1/2 teaspoon salt
1 teaspoon Worcestershire sauce
1/4 cup flour
1 1/2 cups sour cream (12oz)

- In a medium stockpot, place the 6 chicken thighs in the pot and add water to "just" cover. Bring pot to a boil and reduce heat to a slow boil. Cook chicken until done and meat falls off the bone. (approx. 45 min)
- De-bone the chicken into chunks and set aside. Discard the skin. Reserve the chicken stock.
- In a heavy skillet, melt the butter over med-high heat. Add the thinly sliced onion, mushrooms, and garlic. Sauté until onions are tender and translucent.
- Add 1 cup of the reserved chicken stock, salt, and Worcestershire. Lower heat to med, cover and simmer for 15 minutes.
- Place 1/4 cup flour in a bowl and slowly blend 1/2 cup cooled chicken stock to make a slurry, mixing until the clumps are gone.
- Stir the flour slurry into the simmering onions and mushrooms. Stir until well blended.
- Add the sour cream and blend again until well blended, do not boil. Adjust sauce thickness by adding small amounts of the reserved chicken stock until desired consistency.

Serve immediately over brown rice, noodles... etc. Enjoy!!!