

Chicken Stroganoff

HolisticQ Signature Recipe

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)

Serve over brown rice, noodles, riced cauliflower... etc.

- 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 and let cool 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.
- Add the de-boned chicken meat and simmer for an additional 5-10 minutes.
- Remove from heat. Serve immediately over brown rice, noodles... etc. Enjoy!!!