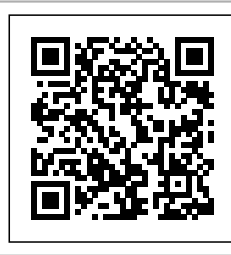


# Skillet Chicken Stroganoff



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Recipe by: Laura Vitale

Serves 4

**Prep Time: 15 minutes**

**Cook Time: 30 minutes**

## Ingredients

- 1-1/4 lb of Chicken Breast, thinly sliced into small pieces
- 3 Tbsp of Flour
- 10 oz of Cremini Mushrooms, thickly sliced
- 1 Small Yellow Onion, minced
- 3 Cloves of Garlic, minced
- 3 Tbsp of Light Olive Oil
- 2 Tbsp of Unsalted Butter
- 1 1/4 cup of Chicken Stock
- 1/3 cup of Sour Cream
- 1 Tbsp of Dijon Mustard
- Fresh Chopped Parsley
- Salt and Pepper to taste

1) In a large skillet, add the light olive oil, preheat over medium high heat, meanwhile, toss the chicken with the flour and salt and cook in batches until mostly cooked through and browns a bit, remove to a plate, discard most of the oil leaving behind a tad.

2) Add the butter to the skillet along with the onions and mushrooms, season with a touch of salt and saute until they brown a bit and cook down, about 5-7 minutes, add the stock, reduce by about a third, then stir in the sour cream, mustard and parsley, adjust the seasoning to taste, simmer all together for a few minutes until the sauce thickens and serve over egg noodles and broccolini.

