



Noreen's Kitchen Chicken Stroganoff



Ingredients

2 pounds boneless skinless chicken breast cut into strips	1 teaspoon parsley flakes
2 medium onions quartered and sliced	1 teaspoon poultry seasoning
3 cloves garlic, minced	1/2 teaspoon dried thyme
2 Tablespoons olive oil	1/4 cup Wondra flour
8 ounces fresh mushrooms, sliced	2 cups (one 16 ounce container) sour cream
4 cups chicken stock	1 teaspoon Worcestershire sauce
1 teaspoon sea salt	1 teaspoon Tabasco sauce
1 teaspoon cracked black pepper	1 Tablespoon Ketchup

Step by Step Instructions

Heat oil in a deep skillet and sautee' onions and garlic over medium heat until soft and translucent.

Add in parsley, poultry seasoning, thyme, salt and pepper. Stir well to combine.

Add in chicken strips and combine. Cook, stirring occasionally for 8 to 10 minutes until the chicken is opaque.

Add in mushrooms and combine well.

Add in stock and whisk in Wondra or a slurry made with 1/4 cup flour and 1/2 cup water. Allow sauce to thicken slightly. Don't allow sauce to boil.

Place sour cream in a bowl and add in 2 ladles worth of the thickened sauce, whisk together to temper the sour cream. This will help the sauce to not curdle.

Turn off heat. Add sour cream mixture to the pan and stir well to combine.

Add in Worcestershire sauce, Tabasco sauce and ketchup. Stirring well.

Taste for seasoning and if you feel like it needs more salt, or any of the other flavors, add them at this time.

Enjoy this dish served over hot buttered egg noodles or rice and your favorite vegetable

Enjoy!