

Chicken Paprikash



Ingredients:

2 lbs. chicken leg quarters
2 T & 2 tsp paprika
2 T olive oil
2 onions
2 red bell peppers

3/4 cup chicken stock
1 T flour
14 oz. canned, whole tomatoes
2 T light sour cream
1 T chopped parsley

Directions:

1. Pat chicken dry.
2. Coat chicken with half the paprika. Let stand overnight or 5-6 hours minimum.
3. In a Dutch oven, heat oil for browning. Brown chicken in batches, set aside.
4. Add onions, sauté until clear.
5. Add red peppers, remaining paprika, and black pepper. Sauté for a few more minutes.
6. Create slurry with flour and some stock.
7. Deglaze as needed with the broth. Then add remaining broth, slurry, and tomatoes (with juice). Simmer.

Makes 5 servings.

| Nutrition Facts | | |
|--|-----------------------|--------------------|
| Serving Size (377g) | | |
| Servings Per Container | | |
| Amount Per Serving | | |
| Calories 300 | Calories from Fat 120 | |
| % | | |
| % Daily Value* | | |
| Total Fat 13g | | 20% |
| Saturated Fat 2.5g | | 13% |
| Trans Fat 0g | | |
| Cholesterol 125mg | | 42% |
| Sodium 310mg | | 13% |
| Total Carbohydrate 16g | | 5% |
| Dietary Fiber 5g | | 20% |
| Sugars 9g | | |
| Protein 30g | | |
| Vitamin A 80% | • | Vitamin C 130% |
| Calcium 6% | • | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | |
| | Calories: | 2,000 2,500 |
| Total Fat | Less than | 65g 80g |
| Saturated Fat | Less than | 20g 25g |
| Cholesterol | Less than | 300mg 300mg |
| Sodium | Less than | 2,400mg 2,400mg |
| Total Carbohydrate | | 300g 375g |
| Dietary Fiber | | 25g 30g |
| Calories per gram: | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | |