

Chicken in Mushroom Sauce

Based on the recipe from Searching for Spice

Ingredients

12 ounces chicken,
1 Tablespoon flour
1 Tablespoon olive oil
1/2 cup onion, diced
1/2 cup green pepper
1 cup mushrooms
1 clove garlic
1 teaspoon poultry seasoning
1 bay leaf
2/3 cup chicken broth

Cut chicken into 1 inch pieces and coat lightly in flour. Set aside.

In a large skillet, heat oil over medium high heat. Add onions and cook until gently softened, about 2-3 minutes. Add chicken and cook on all sides until lightly browned, about 5 minutes.

Dice green pepper, slice mushrooms and mince garlic. Add to skillet and cook until softened, about another 5 minutes.

Add poultry seasoning and bay leaf and stir to coat. Then add chicken broth.

Bring to a simmer for 20 minutes until cooked through and sauce is reduced.

Serve over egg noodles or rice.

Makes 3-4 servings.

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