

Smothered Chicken Breasts (Serves 4)

Recipe adapted from [Williams Sonoma](#)

Ingredients:

4 boneless, skinless chicken breasts, pounded to 1/4" thickness
Kosher salt and freshly ground black pepper, to taste
2 Tbsp. vegetable oil
2 Tbsp. unsalted butter
1 yellow onion, cut into 1-inch pieces
1 red bell pepper, seeded and cut into 1-inch pieces
3 celery stalks, cut into 1-inch pieces
4 green onions, thinly sliced, white and light green portions separated
4 garlic cloves, minced
1 tsp. minced fresh thyme
3 Tbsp. all-purpose flour
2 1/2 cups chicken broth
1/4 cup heavy cream
1 tsp. hot sauce

Directions:

1. Season the chicken breasts with salt and pepper. In a large skillet set on medium-high heat, warm the oil. Add the chicken breasts and cook, turning once, until browned on both sides, about 2 minutes per side. Transfer to a plate.
2. Reduce the heat to medium and melt the butter in the skillet. Add the onion and cook, stirring occasionally and scraping up the browned bits from the bottom of the pan, until the onion is translucent, 3 to 5 minutes. Add the bell pepper, celery, the white portion of the green onions, and the garlic. Cover and cook, stirring occasionally, until the vegetables are tender, about 8 minutes. Add the thyme and flour and stir well. Gradually stir in the broth and bring to a simmer.
3. Stir the cream into the gravy in the skillet and bring to a boil. Cook until thickened, about 4 minutes. Return the chicken breasts and any remaining juices into the gravy and cook until chicken is cooked through. Stir in the green portion of the green onions and the 1 tsp. hot sauce and season with salt and pepper. Serve immediately.

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