

Chicken Paprikash



Sirve:

8 servings

Pieza:

5 Qt./4.7 L Roaster with Cover

large mixing bowl

7" Santoku Knife

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

This Hungarian chicken stew is so simple to prepare and a satisfying cool weather one pan meal. Skinless chicken and Greek yoghurt lower the fat and calories without sacrificing any flavor.

3 pounds
boneless chicken thighs, trimmed of excess fat and cut into chunks
(1.4
kg)
1/2 teaspoon
salt
(3
g)
1/2 teaspoon
pepper
(1
g)
2 onions, medium dice
3 tablespoons
sweet paprika
(21
g)
1 cup
chicken stock
(240
mL)
14 ounces
diced tomatoes with juices
(397
g)
2 bay leaves
1/2 cup
plain European-style or Greek-style yoghurt

Preparación :

1. Preheat roaster over medium heat until several drops of water sprinkled in roaster skitter and dissipate.
2. Place chicken pieces in a bowl and season with salt and pepper.
3. Place of chicken in roaster, place over on roaster slightly ajar and cook for 3 - 5 minutes on each side until chicken is browned. Remove chicken from roaster and set aside. Cook remaining chicken in same way.
4. Drain any excess fat from roaster. Add onions to roaster and sauté for 5 - 8 minutes until softened and lightly browned. Add paprika and stir.
5. Place browned chicken back in roaster, along with any juices that may have accumulated. Stir well so chicken gets coated with paprika. Sauté for 2 - 3 minutes.
6. Add chicken stock, tomatoes and bay leaves. Stir, scraping up any browned bits from the bottom of the roaster, and cover.
7. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 20 minutes. Remove bay leaves.
8. Stir in Greek yoghurt right before serving or have guests add a dollop of Greek yoghurt to their portions.

Consejos:

- Serve Chicken Paprikash over egg noodles, dumplings or with rice.
- Substitute boneless skinless chicken thighs for skin-on/bone-in chicken pieces.
- Substitute chicken thighs for boneless chicken breast.
- Substitute Greek yoghurt for sour cream.

Información nutricional por ración

Calorías: 247
Grasa Total: 8g
Grasa 2g
Saturada:
Colesterol: 143mg
Sodio: 464mg
Carbohidratos: 7g
Fibra 2g
Dietética:
Azúcar: 4g
Proteína: 36g