



Chicken Paprikash

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 4

Nutrition Information Per Serving

268 calories, 15.27 g carbohydrate, 3.95 g fiber, 11.32 g NET carbs, 32.47 g protein, 5.74 g fat

Ingredients

- 1/2 cup(s) Pacific Organic Bone Broth (Chicken)
- 1 oz can Eden Foods Tomatoes
- 1/4 cup(s) Oikos Greek Yogurt
- 2 -8oz. breast(s) pasture-raised chicken
- 2 Tbsp(s) chopped fresh parsley
- 2 whole(s) organic green bell peppers, thinly sliced
- 1/4 tsp(s) sea salt
- 1 Tbsp organic lemon juice
- 1 Tbsp organic virgin coconut oil
- 1/4 tsp(s) freshly ground pepper
- 3 Tbsp(s) organic paprika
- 1/2 cup(s) organic dry white wine
- 1 large organic onion, thinly sliced

Preparation

1. Sprinkle chicken with salt and pepper.
2. Heat oil in a large skillet over medium-high heat. Add chicken and cook, turning occasionally, until golden, 3 to 5 minutes. Transfer to a plate.
3. Add bell peppers and onion to the pan and saute until softened, about 5 minutes.
4. Add paprika and cook, stirring, until fragrant, about 30 seconds. Add wine; and increase heat to medium-high and cook, stirring, until mostly evaporated, about 1 1/2 minutes. Add tomatoes, broth and lemon juice; bring to a boil.
5. Return the chicken and any accumulated juices to the pan; reduce heat to a simmer. Cook, spooning sauce over the chicken and turning occasionally, until the sauce is reduced and the chicken is cooked through (about 8 minutes).
6. Remove from the heat; stir in Greek yogurt. Sprinkle with parsley.
7. Serve.

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