



Creamy Chicken & Mushrooms

Active Time: 15 minutes | **Total Time:** 40 minutes | **Serves:** 4

Nutrition Information Per Serving

264.4 calories, 3.89 g carbohydrate, 0.43 g fiber, 3.46 g NET carbs, 28.45 g protein, 15.14 g fat

Ingredients

- 1/4 cup(s) Pacific Organic Bone Broth (Chicken)
- 16 ounce(s) organic, free range chicken breasts
- 3/4 cup(s) coconut milk
- 1 cup crimini mushrooms, sliced
- 1/2 medium(s) yellow onion, sliced into half moons
- 3 Tbsp(s) parsley, chopped
- 2 clove(s) garlic, sliced
- 1 Tbsp coconut oil
- 1 tsp avocado oil
- 1/2 tsp(s) dried thyme
- 1/2 tsp(s) sea salt

Preparation

1. Preheat oven to 375. Brush chicken breasts with avocado oil and sprinkle with salt. Place chicken on a baking sheet and bake for 30 minutes, or until internal temperature reaches 165 degrees F.
2. While the chicken is cooking, prepare the cream sauce. Add coconut oil to a sauté pan over medium high heat. Add the onions and sauté until translucent, about 5 minutes. Add sliced mushrooms and garlic and sauté for another 5 minutes.
3. Add thyme, coconut milk and broth and bring to a simmer. Cook for about 10 minutes, stirring regularly.
4. Remove chicken from the oven and place in pan with the sauce. Top with parsley. Serve with cauliflower rice, spaghetti squash, or broccoli.

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