

Chicken Stroganoff II

Chicken Stroganoff II



Adapted from Light and Tasty Magazine

Serves 6

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61cd098ab84cb3188ef69b6c>

- 1 pound fresh mushrooms, sliced
- 1 medium onion, chopped
- 1 Tbsp butter
- 1½ pounds boneless, skinless chicken breasts, cut into 2 inch strips
- 1⅓ cups reduced sodium beef broth
- 1 cup white wine OR additional beef broth
- 2 Tbsp ketchup
- 2 cloves garlic, minced
- 1 tsp salt
- 2 Tbsp cornstarch
- 1 cup light sour cream

1. In a large skillet, saute mushrooms and onions in butter until tender
2. Remove and set aside. In the same skillet, cook the chicken until golden brown.

3. Add 1 cup of broth, wine (or additional broth), ketchup, garlic and salt. Bring to a boil. Reduce heat; cover and simmer for 15 minutes
4. Combine cornstarch and remaining 1/3 cup broth until smooth; stir into chicken mixture. Add reserved mushrooms. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat to low. Stir in sour cream; heat through, do not boil. Serve over egg noodles.

Main Course
Chicken