

Hungarian Chicken

Hungarian Chicken



Serves 6

- 2 tsp olive oil
- 1 medium onion, chopped
- 4 Tbs flour
- salt and pepper to taste
- 4 boneless, skinless chicken breasts
- 2/3 cup tomato sauce
- 2/3 cup chicken broth
- 1 Tbsp paprika
- 1 tsp sugar
- 1 bay leaf
- 2/3 cup light sour cream

1. Combine flour, salt and pepper in a shallow dish. Dredge each chicken breast until covered.
2. In a large skillet, heat 2 tsp of olive oil. Sauté onion until tender. Remove from pan and set aside
3. In the same skillet, brown chicken on all sides.
4. Combine tomato sauce, broth, paprika, sugar, bay leaf and onion; pour over chicken. Cover and simmer for 30-40 minutes or until chicken is cooked through.
5. Remove chicken to a platter and keep warm. Reduce heat to low; remove bay leaf and stir in sour cream. Heat

through for 2-3 minutes (do not boil). Pour over chicken and serve.

Main Course
Chicken