

Cooking Light

Chicken Stroganoff

ACTIVE TIME
40 mins

TOTAL TIME
40 mins

YIELD
Serves 4 (serving size: about 1 ½ cups)

Ingredients

2 tablespoons olive oil, divided

1 pound chicken breast tenders, cut into 1-in. pieces

X 1 teaspoon kosher salt, divided X

¾ teaspoon black pepper, divided

2 ½ cups unsalted chicken stock, divided

1 tablespoon all-purpose flour

1 (8-oz.) pkg. presliced cremini mushrooms

1 tablespoon minced garlic

2 teaspoons chopped fresh thyme

½ cup dry white wine

6 ounces uncooked wide egg noodles

½ cup light sour cream

1 tablespoon chopped fresh flat-leaf parsley

How to Make It

- 1 Heat 1 tablespoon oil in a large Dutch oven over medium-high. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken to pan; cook 6 minutes or until done, turning once. Remove from pan.
- 2 Combine 1 tablespoon stock and flour in a small bowl. Add remaining 1 tablespoon oil to pan over medium-high. Add mushrooms; cook 8 minutes. Stir in garlic and thyme; cook 1 minute. Add wine; cook 2 minutes or until reduced by half, scraping pan to loosen browned bits. Stir in remaining 2 cups and 7 tablespoons stock; bring to a simmer. Add noodles; cook, uncovered, 8 minutes or until done. Stir in flour mixture; cook 1 minute. Remove pan from heat; stir in chicken, remaining ¾ teaspoon salt, remaining ½ teaspoon pepper, and sour cream. Sprinkle with parsley.

½ c. chopped onion

Stock has salt.

