

Braised Chicken and Mushrooms

Braising is not something you might do with chicken breasts, but it can actually turn out quite well. It's also perfect for a cold night in when you don't want another soup, but you also don't want to spend hours in the kitchen cooking and cleaning up afterwards. Because this is the best one pan meal. It fits into a healthy meal plan, being both Paleo and Keto friendly, but you can serve it with noodles or mashed potatoes to make it more kid friendly if necessary.

This is the kind of meal that everyone will like, and you don't need any special skills to do it, promise. You'll first season your chicken with one my favorite Ava Jane's Kitchen spice blends, Everyday Blend. This mix of salt, pepper, and spices is great when you want to add lots of flavor, but not heat. It adds a nice savory flavor to both the chicken and the mushrooms and is complimented nicely by the wine in this recipe. If you want to skip the wine, you can simply use more broth, and it will still come out delicious.

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Serves 2

Prep time: 45 minutes

Ingredients:

3 tablespoons Ava Jane's Kitchen Avocado Oil, divided

2 boneless skinless chicken breasts

1 teaspoon Ava Jane's Kitchen Everyday Blend

6 ounces sliced mushrooms

1/4 cup diced onions

3/4 cup white wine

1 1/2 cups Kettle Fire Chicken Broth

Fresh chopped parsley, for serving

In a deep skillet, heat half the oil over medium heat. Season the chicken with the Everyday Blend and add to the skillet. Sear on both sides until browned and remove from pan.

Add remaining oil to the skillet and then add the mushrooms and onions. Cook for 5-6 minutes, until browned. Stir, add the garlic and cook for a minute.

Add the wine and cook until reduced by about half.

Add the broth and then add the chicken back to the pan. Cover and simmer on low for 10-12 minutes, until chicken is cooked and sauce is reduced and slightly thickened.

Sprinkle with parsley and serve.