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Chicken Paprikash

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Ingredients

- + 1 pounds chicken, breast, boneless, skinless, trimmed, cut into 2-inch pieces
- + 1/4 teaspoon salt, Kosher
- + 1/4 teaspoon pepper, black ground
- + 1 tablespoon oil, canola
- + 2 large pepper(s), green, bell, thinly sliced
- + 1 large onion(s), halved and thinly sliced
- + 2 teaspoon paprika, hot, or sweet
- + 1/2 cup(s) wine, dry white
- + 1 1/2 cup(s) tomatoes, crushed
- + 1/2 cup(s) broth, reduced-sodium chicken
- + 1 tablespoon lemon juice
- + 1/4 cup(s) sour cream, reduced-fat
- + 2 tablespoon parsley, fresh, chopped



Preparation

1. Sprinkle chicken with salt and pepper. Heat oil in a large skillet over medium-high heat. Add chicken and cook, turning occasionally, until browned, 3 to 5 minutes. Transfer to a plate.
2. Add bell peppers and onion to the pan and cook, covered, over medium heat, stirring occasionally, until softened, about 5 minutes. Add paprika and cook, stirring, until fragrant, about 30 seconds.
3. Add wine; increase heat to medium-high and cook, stirring, until mostly evaporated, about 1 1/2 minutes. Add tomatoes, broth and lemon juice; bring to a boil. Return the chicken and any accumulated juices to the pan; reduce heat to a lively simmer. Spoon some sauce over the chicken and cook, turning occasionally, until the sauce is reduced and the chicken is cooked through, 6 to 8 minutes.
4. Remove from the heat; stir in sour cream. Sprinkle with parsley.