

# Chicken Breasts with Chianti Mushroom Sauce

Phillis Carey, from her website, 2014



- 3 cups red wine, Chianti type
- 1 cup low sodium beef broth
- 1 tablespoon tomato paste
- 8 boneless skinless chicken breast halves
- Salt and pepper for seasoning
- 2 tablespoons olive oil
- 4 tablespoons unsalted butter, divided use
- 2 whole shallots, sliced (or shallots and half an onion minced)
- 3 cloves garlic, sliced
- 1 pound crimini mushrooms, sliced
- 2 teaspoons fresh thyme leaves, chopped (or a scant 1 teaspoon dried)
- 2 tablespoons flour

## Appetizers

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 8

Notes: I made this with bone-in chicken breasts cut in half and boneless thighs. Cook the thighs for about 20+ minutes, adding the breasts in during the last 10 or so. I also didn't have enough shallots, so I substituted one shallot and half an onion chopped fine. Serve with pasta (I used orzo) or rice.

1. Place Chianti, beef broth and tomato paste in a sauce pan. Bring to a boil, stirring to dissolve tomato paste. Continue to cook down by half. Cover and set aside.
2. Trim chicken and pound to an even 1/2 inch thickness; season with salt and pepper. Heat olive oil in a large skillet over medium high heat. Add the chicken and brown 2 minutes per side. Remove chicken to a plate.
3. Melt 2 T. butter in the same skillet and then add the shallots and garlic and toss until softened, about 3 minutes. Add the mushrooms and thyme; sprinkle lightly with salt. Continue to cook, stirring often, until mushrooms cook off all the excess liquid and begin to brown, about 8 minutes. Stir in the flour. Add the reduced wine to the mushrooms and bring to a boil, stirring often.
4. Return chicken to the skillet, turning to coat in the sauce. Simmer chicken until cooked through, 6 to 8 minutes. Remove chicken to serving plates and stir the remaining 2 T. butter into the sauce. Serve sauce spooned over the chicken.

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Per Serving (excluding unknown items): 307 Calories; 11g Fat (39.5% calories from fat); 30g Protein; 7g Carbohydrate; 1g Dietary Fiber; 84mg Cholesterol; 144mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 2 Fat.