

Crockpot Chicken Paprikash

Author: Adapted from Kristen T at www.a-crock-cook.com

Carolyn T's
Main Cookbook

Servings: 4



- 3 cups mushrooms, washed and sliced**
- 2 medium onions, chopped**
- 3 whole garlic cloves, minced**
- 1 whole red bell pepper, chopped**
- 1 1/2 teaspoons paprika, use half-sharp if you have it**
- 1/2 teaspoon smoky paprika, if you have it**
- 3/4 teaspoon salt**
- 1/2 teaspoon black pepper**
- 1 cup chicken broth**
- 1 pound boneless chicken thighs, skinless**
- 3 tablespoons all-purpose flour, approximately**
- 1 cup low-fat sour cream**

Serving Ideas: Can be served over rice as an entree (as long as the paprikash gravy is thick enough) or as a thickened kind of paprikash soup without rice or carbs.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 273 Calories; 9g Fat (31.6% calories from fat); 23g Protein; 23g Carbohydrate; 3g Dietary Fiber; 66mg Cholesterol; 719mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Notes: If you don't have the varieties of paprika mentioned, just use what you have. You can buy the smoky paprika in upscale groceries here in the U.S.

Description:

1. Heat a nonstick skillet. Add mushrooms, onion, garlic and pepper; sauté 5 minutes. Stir in paprika, salt and pepper; cook 30 seconds more. Spoon mixture into a 4- to 5-quart slow cooker; add broth.
2. Cut each chicken thigh into long strips; add to slow cooker. Cover and cook on low setting for 5 to 6 hours.
3. Stir together flour and sour cream in a small bowl; stir into chicken mixture.
4. Turn crockpot to high, cover and cook on low until the mixture is thick and hot, about 10-20 minutes more. Yields about 1 1/2 cups per serving. Great served as a sort of thick soup, or over rice!