

Chicken

Chicken Paprikash with Spaetzle

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Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 30 minutes

Bake Time: 45 minutes

1 whole (about 4 lbs) chicken , skin removed and cut into 12 pieces (2 drumsticks, 2 thighs, 2 wings, breasts in thirds)

1 1/4 teaspoons salt

2 tablespoons vegetable oil

1 medium sweet onion, diced

1 sweet red pepper, diced

3 tablespoons all-purpose flour

2 tablespoons sweet paprika

1 tablespoon smoked paprika

1/4 teaspoon cayenne pepper

2 cups low-sodium chicken broth

2 medium tomatoes, seeded and diced

1 cup sour cream

1 box (10 oz) spaetzle (such as Maggi) or egg noodles, cooked

fresh parsley (optional), chopped

Preheat the oven to 325 degrees.

Season the chicken pieces with 1/4 teaspoon of the salt.

Heat oil in a Dutch oven over medium-high heat. Brown the chicken in two batches, 3 to 4 minutes per side (12 to 16 minutes total). Remove the chicken to a plate, keeping as much oil in the pan as possible.

Reduce the heat to medium. Add the onion and red pepper, cook 3 minutes to soften slightly.

Mix in the flour, sweet paprika, smoked paprika and cayenne pepper. Cook 2 minutes, stirring constantly.

Add the broth, tomatoes and the remaining teaspoon of salt. Bring to a boil and simmer 3 minutes to thicken.

Add the browned chicken back to the pot, ladling a bit of sauce on top.

Cover and bake for 45 minutes or until the chicken is very tender.

Remove the chicken and cover to keep warm.

Add sour cream to a bowl. Whisk in one cup of the hot sauce to temper. Whisk the sour cream mixture back into the pot.

Serve two pieces of chicken over the cooked spaetzle with several spoonfuls of sauce.

Garnish with parsley, if desired.

Per Serving (excluding unknown items): 168 Calories; 14g Fat (65.7% calories from fat); 6g Protein; 10g Carbohydrate; 1g Dietary Fiber; 17mg Cholesterol; 483mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.