

GARLIC MUSHROOM CHICKEN

IF:Gathering, October 2021

Original Recipe from *Danielle Walker*

*GLUTEN-FREE

Ingredients

1 1/2 lbs chicken thighs, skin removed
8 ounces of sliced mushrooms
1 cup chicken broth
8-10 large garlic cloves, peeled and smashed
2 tbsp butter
1/4 tsp onion powder
1/4 tsp ground dried sage
1/8 tsp cayenne pepper
1/4 tsp black pepper
1/4 tsp salt

INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. In a pan over high heat, add 1 tbsp of butter and sear the chicken thighs for 2 minutes on each side. Remove chicken from the pan and set aside.
3. In the same pan, add the remaining 1 tbsp of butter and garlic and saute for a minute, or until fragrant.
4. Add the sliced mushrooms and broth, and then stir and simmer chicken for 1-2 minutes. Turn off heat.
5. Return the seared chicken thighs to the pan and make sure to distribute the mushrooms evenly around the chicken. Place the entire pan in the oven.
6. Bake chicken for 15 minutes or until it is cooked through.
7. To make the garlic mushroom sauce, separate the liquid, garlic and half of the mushrooms from the chicken and place it in a blender. Pulse until it turns into the consistency of gravy.
8. Spoon sauce over the chicken and serve over cooked rice.