Dinner

Braised Chicken Thighs with Balsamic Mushrooms

Boneless chicken thighs are browned, then simmered in broth with mushrooms and a splash of balsamic vinegar until tender. Everything cooks in one Dutch oven for an easy, comforting dinner.



Nut free

55 min	200	6 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tbsp olive oil
- [ ] 1 lbs boneless, skinless chicken thighs (boneless, skinless)
- [ ] 1 tsp margarine (trans-fat-free)
- [ ] 1/2 med onion(s) (finely diced)
- [ ] 8 oz sliced mushrooms (sliced)
- [ ] 3 tbsp balsamic vinegar
- [ ] 1 1/2 cup low sodium chicken broth

Method

- [ ] 1 Set a large Dutch oven over medium-high heat and warm the olive oil in it.
- [ ] 2 Place the boneless, skinless chicken thighs in the hot oil and sauté for 3 minutes per side, then lift them out of the pan and set aside.
- [ ] 3 Drop the margarine into the pan and let it melt, then add the onion and sauté for 2 minutes.
- [ ] 4 Add the sliced mushrooms next, stirring frequently as they cook for 3-5 minutes until they release their liquid.
- [ ] 5 Stir the balsamic vinegar in with the mushrooms and let it cook for 1 minute.
- [ ] 6 Nestle the chicken thighs back into the pan, arranging the mushrooms over the top of them, then pour the low sodium chicken broth in around everything.
- [ ] 7 Heat the broth until it comes to a boil, then turn the heat down to medium-low, cover the pan with a heavy, tight-fitting lid, and simmer for 25 minutes.

Nutrition Facts

Per serving

Calories	**200**
Total fat	8 g
Saturated fat	1.5 g
Sodium	170 mg
Total carbs	6 g
Fiber	1 g
Total sugars	4 g
Protein	25 g

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