

# Smothered Chicken & Homemade Gravy

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/ching-chinese-manchurian-recipe>

## Ingredients:

- 4 chicken thighs or parts of your choice
- 1/2 cup flour
- 2 tablespoons Cajun seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon Italian parsley chopped
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 cup chicken broth
- 1/2 cup milk
- 1 onion sliced
- 1 bell pepper sliced

## Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 215 milligrams
4. Fat: 49 grams
5. Fiber: 2 grams
6. Protein: 45 grams
7. SaturatedFat: 14 grams
8. Sodium: 260 milligrams
9. Sugar: 4 grams

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