

# Southern Smothered Chicken

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-run-ideas-recipes>

## Ingredients:

- 1 pound chicken I used legs, and thighs
- 1 1/2 cups all purpose flour
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon celery seed
- 1 tablespoon onion powder
- 1 teaspoon poultry seasoning
- 1 tablespoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 cup vegetable oil
- 2 cups chicken broth
- 1 cup whole milk
- 2 teaspoons minced garlic
- 1 onion medium sized, chopped

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 80 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 33 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 740 milligrams
9. Sugar: 4 grams

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