

30-Minute Smothered Chicken Skillet

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-chicken-skillet-recipe-with-mushrooms>

Ingredients:

- wine sauce
- 1 tablespoon butter
- 1/2 yellow onion medium, diced
- 1 carrot diced
- 4 ounces mushrooms sliced
- 1/4 cup dry white wine
- 1 soup carton Campbell's, for Easy Cooking- Herb and Garlic
- 1/4 cup parsley rough chopped
- chicken
- 4 chicken breasts pounded to 1/2 inch thickness and patted dry
- 3 tablespoons olive oil
- 3/4 cup flour
- salt
- pepper

Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 400 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 127 grams
7. SaturatedFat: 9 grams
8. Sodium: 780 milligrams
9. Sugar: 2 grams

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