

Southern Smothered Chicken with Gravy

Yield: 8 min

Total Time: 480 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-smothered-chicken-with-gravy-recipe>

Ingredients:

- 3 cups all purpose flour
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 3 tablespoons Cajun seasoning McCormick's
- 4 pounds chicken thighs bone in
- 1/2 cup vegetable oil
- 1 onion medium sized, small diced
- 3 cloves minced garlic
- 4 cups chicken broth
- 2 bay leaves
- 2 cups whole milk
- 3 tablespoons parsley roughly chopped

Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 195 milligrams
4. Fat: 51 grams
5. Fiber: 2 grams
6. Protein: 48 grams
7. SaturatedFat: 11 grams
8. Sodium: 530 milligrams
9. Sugar: 4 grams

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