

Soul Smothered Chicken

Yield: 8 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-smothered-chicken-cook-s-country-recipe>

Ingredients:

- 1/2 cup butter
- 1 whole chicken cut into pieces
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 cup all-purpose flour
- 3 cups yellow onions chopped
- 1 cup chopped celery
- 3 cloves garlic chopped
- 2 cups carrots chopped
- 3 cups chicken broth
- 3 tablespoons all-purpose flour
- 1/4 teaspoon cayenne pepper
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 105 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 8 grams
8. Sodium: 1110 milligrams
9. Sugar: 4 grams

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