



Ashley's Meal Prep Monday!



Bone Broth Smothered Chicken

INGREDIENTS

3 lbs chicken thighs and/or drumsticks

1 TSP salt

2 TSP paprika

2 TSP onion powder

2 TSP garlic powder

2 TSP dried oregano

1 TSP pepper

2-3 TSP olive oil

½ yellow onion, thinly sliced

6-8 sprigs fresh thyme

2 cups chicken bone broth

2 TBSP aarowroot

cooked white rice and fresh parsley for serving

Preheat oven to 350 and add chicken to a roasting dish and season with salt, paprika, onion powder, garlic powder, oregano, and pepper. Drizzle with olive oil then toss well until evenly coated. Add onions and thyme, then pour bone broth into the pan. Avoid pouring it directly over the chicken so that the seasonings do not come off of the chicken. Cover and bake for 1 hour 30 minutes.

Remove chicken from the oven and discard the sprigs of thyme. Pour as much of the broth into a separate bowl as possible and set chicken aside. Increase oven temp to 450.

Add ¼ cup chicken drippings to a small bowl along with aarowroot and whisk until smooth to make a slurry.

Whisk the slurry into the bowl with the rest of the chicken drippings then pour the gravy over the chicken and toss well until evenly coated.

Return the chicken to the oven uncovered for 20 minutes longer, basting every 5 minutes until golden brown and gravy has thickened.

Serve over rice with fresh parsley.

Recipe Idea: @caitlinjesson

CARTWRIGHT'S
MARKET

