



Ashley's Meal Prep Monday!



Chicken Stroganoff

INGREDIENTS

1 cup water
½ cup coconut cream (or
sour cream)
2 TBSP GF flour
2 TSP chicken bouillon
½ TSP paprika
1-2 lb ground chicken (or
ground meat of choice)
½ TSP salt - pepper to taste
½ cup chopped onion
1 TBSP tomato paste
8 oz sliced cremini
mushrooms
1 TSP Worcestershire
sauce
2 sprigs fresh thyme
2 TBSP chopped parsley
noodles

In a blender, combine water, coconut cream, flour, bouillon and paprika - blend until smooth.

Heat a large deep skillet on high and spray with oil. Add in chicken and salt and cook - breaking up the meat into small pieces as it cooks. Reduce heat to medium, add the onions and tomato paste. Cook and stir until soft, about 5 min.

Add the mushrooms, thyme and Worcestershire sauce. Pour the sauce from the blender over the chicken and bring to a boil. Cover and cook on low about 40-ish minutes, until tender.

When done, discard thyme, garnish with chopped parsley and serve over noodles!



Recipe idea: skinnytaste.com

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