



# Chicken Stroganoff

Cook time: 30 min | Serves: 4-6

Cut the chicken into bite sized pieces. Mix 4 tablespoons flour with the salt and pepper in a small bowl. Add the chicken and toss to coat.

Heat two tablespoons of butter in large skillet over medium heat until melted. Cook the chicken, stirring often, until browned.

Cut the mushrooms into quarters (I like to use a lot!). If you are using onion, also add it now. I use a bit of onion powder instead. Heat until mushrooms are cooked through then remove the mixture from the pan and set aside.

In the meantime, cook the noodles according to package directions.

Add remaining two tablespoons butter to the skillet along with remaining two tablespoons flour and the dry mustard, mix well.

Gradually stir in broth, then sour cream and continue cooking, stirring frequently, until smooth. Return chicken and mushrooms back to pan and cook until heated through.

Serve over noodles with a side of veggies and some crescent rolls - yum!

## INGREDIENTS

- 8 ounces egg noodles
- 6 tablespoons all-purpose flour, divided
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 - 1 1/2 pounds chicken tenderloins
- 4 tablespoons butter, divided
- mushrooms, cut into quarters
- 1 chopped onion (optional)
- 1/2 teaspoon dry mustard
- 1 can chicken broth
- 1 cup sour cream