

Creamed Chicken with Peas



PREPARATION TIME
10 minutes



COOKING TIME
30 minutes



PERFECT PARTNER
herbed biscuits



Putting a small box of frozen peas in your shopping cart isn't nearly as cost-efficient as reaching for a large bag. Measure the amount needed for this recipe, then freeze the remainder for up to 6 months.

SHOPPING LIST

- chicken thighs • potatoes
- chicken broth • frozen peas

ON HAND

- flour • salt • pepper • oil

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INGREDIENTS

- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 6 skinless, boneless chicken thighs (about 1 1/2 pounds)
- 2 tablespoons vegetable oil
- 2 cups chicken broth
- 3 medium potatoes, peeled, chopped
- 1 1/2 cups frozen peas, thawed

SERVES 6

COOKIN' Xpress

- A quick alternative to peeling and chopping the potatoes is to use 3 cups frozen hash brown potatoes.
- Use 1 pound chicken cutlets instead of the chicken thighs and reduce the cooking time in step 2 to about 8 minutes.

Make Ahead

Extra chicken can make a savory tart filling. Chop the chicken and place in a small pastry shell. Cover with broth and vegetables. Bake in a 350°F oven for 15 minutes.

1 Mix flour, salt and pepper on waxed paper. Roll chicken in flour mixture to coat, reserving remaining flour mixture.



VARIATION

To perk up the flavor, stir 2 teaspoons dill and 1 tablespoon lemon juice into the sauce just before serving.



2 Heat oil in a large skillet over medium-high heat; add chicken. Cook, turning once, until chicken is cooked through, about 15 minutes. Remove chicken from skillet; set aside.

3 Stir remaining flour mixture into pan drippings. Gradually stir in broth. Bring to a boil, stirring occasionally. Add potatoes and reduce heat to medium.



4 Cook, covered, for 10 minutes. Stir peas into skillet. Add chicken. Cook for 5 minutes longer or until potatoes are tender.