

Creamy Lemon Pepper Chicken



Ingredients:

- 1 to 1.5 Lbs. boneless skinless chicken, cut into cubes
- 2 Tablespoons Oil of choice – we recommend Chosen Foods Avocado Oil
- 1 Onion, large, diced
- 4 Tablespoons (1/2 stick) Butter
- 1.5 cups Chicken Broth
- ½ cup Heavy Cream
- 4 Tablespoons Flour (we recommend Jovial Foods Einkorn Flour)
- Juice of 1 large lemon
- Luscious Lemon Pepper seasoning

Instructions:

- 1.) Dice onions and place into large wide skillet of choice and sauté on medium heat in 1 tablespoon of avocado oil.
- 2.) Dice chicken into desired cube size and add to skillet once onions are half cooked. Approx 3-5 minutes. Add additional oil as needed to keep the chicken from sticking. Stir occasionally.
- 3.) Once chicken is halfway cooked, approx. 5-7 minutes, sprinkle a generous amount of Luscious Lemon Pepper over chicken and stir to coat all surfaces of the chicken.
- 4.) Continue cooking chicken and onion mixture until done throughout.
- 5.) Remove chicken and onions from the pan and set aside.
- 6.) Place same skillet back onto stove and place 4 tablespoons of butter into skillet and allow to melt slowly on medium low heat.
- 7.) Once butter is completely melted, add 4 tablespoons of Einkorn flour and turn heat to medium while constantly stirring with a whisk. YOU CAN'T STOP STIRRING or the flour will burn. Once the flour is thoroughly mixed in with the butter, continue stirring with a whisk and allow the flour butter mixture to cook for 2-3 minutes.
- 8.) Combine heavy cream and chicken broth in a measuring cup and pour mixture into flour butter mixture and continue to whisk to combine.
- 9.) Flour/butter/broth/cream mixture will begin to thicken as it bubbles and simmers.
- 10.) Once you have reached the desired thickness, add in chicken & onion mixture and the juice of one lemon and any additional Luscious Lemon Pepper to get the flavor you are going for.

Serve over rice or pasta or just eat it out of a bowl as a yummy comfort food. Enjoy!