

Chicken, Mushroom & Spinach Stroganoff

THE GOODS

1 Lb. organic chicken breast
4 Tbsp avocado or olive oil
2 Tbsp pastured butter
1 Tsp garlic powder
4 Cloves garlic
1 Yellow onion
3 Cups wild mushrooms of choice

1 Tbsp tamari
1 Tbsp Dijon mustard
1 Cup broth
1/2 Cup dairy free or probiotic sour cream
4 Cup spinach
1/2 Cup chopped parsley
Salt and pepper to taste

THE METHOD:

Sauté onion and garlic with cooking oil in skillet until aromatic. Add in lightly salted cubed chicken breast. Leave in skillet on medium (without stirring) until browned on one side. Flip and brown second side. Remove the chicken until last steps. Add mushrooms, pastured butter, and broth to skillet (leaving any browned bits in skillet). Cook until mushrooms are soft. Add sour cream, Tamari, Dijon mustard, salt and pepper to taste. Stir well. Add chicken back in. Stir. Add in spinach at the end to wilt for just a minute or two. Top with parsley. Serve with mashed potato or cauliflower mash.

