Bistro Braised Chicken

Ingredients

- 1 tbsp butter
- 8 skinless chicken thighs
- 1 cup thinly sliced carrot
- 3/4 cup onion - chopped
- 1/2 cup thinly sliced celery
- 1/2 tsp dried thyme
- 1/4 tsp dried sage
- 2 tsp dijon mustard
- 14 ozs chicken broth
- 3/4 cup water
- 1/2 tsp salt
- 1/2 tsp pepper

Summary

Yield: 4
Source: Cooking Light
Prep Time: 45 minutes
Category: Poultry
Cuisine: American

Instructions

1. Melt tsp butter in a large skillet over medium heat, Ad chicken to pan, cook 6 minutes; brown on both sides. Remove chicken from pan; keep warm.

2. Add remaining butter to pan and melt; add veg and cook 4 minutes or until they begin to soften, stirring frequently. Stir in thyme and sage; cook 30 seconds. Stir in mustard. Add broth and 3/4 cup water, scraping pan to loosen brown bits; bring to a simmer.

3. Return chicken to pan. Cover, reduce heat and simmer for 35 minutes. Uncover, increase heat to medium-high and simmer until sauce is reduced by half (~10 minutes). Stir in S&P. Serve over rice or noodles.