



Nonna Snowden Cooks

Cook, Skydive, Have Fun, Give Back



Chicken and Mushrooms

Nonna Snowden recommends you visit her at www.nonnasnowden.cooks and watch her “how to” videos on preparing several dishes. You can, also, visit [Nonna's YouTube channel](#) here. This recipe comes from Nonna's biggest rival, her grandson's other grandmother, Gamma! Unlike other recipes (well ALL the other recipes, really), Nonna actually followed Gamma's recipe. It has several moving parts, but none of those parts are complicated. This is the perfect recipe for guests, social functions, and board meetings for your favorite charity (Jump for The Rose).

Ingredients:

- 4 boneless chicken thighs (skinned)
- 4 chicken legs (skinned)
- 1/2 cup flour
- Salt (1/4 tsp) (See Note 1)
- Pepper (1/4 tsp) (See Note 1)
- Paprika (1/4 tsp) (See Note 1)
- 2 tbsp Cooking Oil
- 1 Medium onion (chopped)
- 2 cups sliced mushrooms
- 3 cloves of garlic, minced
- 1/2 cup beef broth
- 1/2 cup half and half
- 1 red bell pepper (cut into 1 inch wide strips)
- 2 tbsp balsamic vinegar
- 1 14.5 ounce can diced tomatoes
- 2 tsp dried Italian seasonings (crushed)
- 1/8 cup Parsley
- Noodles (optional - Note 2)

Preparation:

1. Mix the flour, salt, pepper, and paprika in a plastic bag.
2. Add chicken, seal bag and shake it all about!
3. Pour cooking oil into cast iron pot and heat
4. Brown chicken (all sides), just brown, do not completely cook.
5. Remove chicken
6. Add a little more cooking oil to the cast iron pot and heat.
7. Add mushrooms, onion, garlic, bell pepper. Sauté until vegetables are soft.
8. Add beef broth
9. Add balsamic Vinegar
10. Add chicken
11. Cover pot (use tin foil if you don't have a lid that fits)
12. Simmer chicken and mushroom gravy for 20 mins.
13. After 20 mins check chicken to make sure it is cooked through and remove chicken.
14. Mix 1 tbsp flour and 1/2 cup half and half. Stir throughly (no lumps)

Nonna donates 50% of proceeds to JumpForTheRose.org.





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Preparation:

15. Add flour mix to cast iron pot. Simmer while stirring.
16. Add parsley
17. Let gravy thicken

Note 1: Nonna seasoned to taste when Gama wasn't looking! She added a little more **Jacobsen Ghost Chili Salt**.

Note 2: Once the gravy has thickened to your desires, it can be served over rice, noodles, or as is with the chicken.

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