



Chunky Chicken in Dijon Cheddar Sauce

A RECIPE BY SANDRA SHERK

Prep Time - 5 minutes

Servings - 6 people

Cook Time - 25 minutes

ingredients

- 1 lb. Chicken, boneless, thighs or breast
- 1 tbsp. Vegetable Oil
- 1 Onion, finely chopped
- 2 Cloves Garlic, minced
- 1/4 tsp. Salt
- 1/4 tsp. Pepper
- 1/4 tsp. Thyme
- 3 tbsp. All-Purpose Flour
- 1 1/2 cups Milk
- 2 tbsp. Dijon Mustard
- Dash of Hot Pepper Sauce
- 1 cup Cheddar Cheese, extra-old, shredded
- 1/4 cup Bell Pepper, diced
- 1/4 Parsley, minced

directions

- Cut chicken into bite sized pieces.
- In a large skillet, heat oil over medium heat; brown chicken, in batches. Transfer to a plate. Drain fat from the pan.
- Add onion, garlic, salt, pepper, and thyme to the pan; fry over medium heat, stirring often, until softened, about 5 minutes.
- Sprinkle with flour; cook, stirring, for 1 minute. Whisk in milk; cook, whisking, until thickened, about 5 minutes. Stir in mustard and hot pepper sauce.
- Return chicken and any juices to the pan; cover and simmer until juices run clear when chicken is pierced, about 10 minutes.
- Add cheese and half each of the pepper and parsley; stir until cheese is melted. Sprinkle each serving with remaining pepper and parsley.
- Serve on rice or pasta. Or serve with a side of your choice!