

**Walmart** 

Walmart  
1400 Hilltop  
Mall Rd  
SAN PABLO,  
CA 94806

**Carrots Bunch**

1 pkg for  
\$1.24 -  
expires in 7  
days

# Soul Smothered Chicken



Prep  
15 m

Cook  
1 h

Ready In  
1 h 15 m

*Recipe By:* Veronica Rockett

"You can't just go to any restaurant and get smothered chicken like you would if you went down to the urban neighborhoods in Houston. This meal of browned chicken in a savory chicken gravy sauce is best when served over a bed of white rice."

## Ingredients

1/2 cup butter	3 cloves garlic, chopped
1 whole chicken, cut into pieces	2 cups chopped carrots
1 teaspoon salt	3 cups chicken broth
1/2 teaspoon ground black pepper	3 tablespoons all-purpose flour
3/4 cup all-purpose flour	1/4 teaspoon cayenne pepper
3 cups chopped yellow onions	2 teaspoons salt
1 cup chopped celery	1/4 teaspoon ground black pepper

## Directions

- 1 Melt the butter in a large skillet over medium-high heat. Season chicken pieces with 1 teaspoon salt and 1/2 teaspoon pepper. Dredge in 3/4 cup flour, place in the skillet, and brown on all sides. Set chicken aside, and drain skillet, reserving about 1 tablespoon butter.
- 2 Reduce skillet heat to medium-low, and stir in onions, celery, garlic, and carrots. Cook 5 minutes, until tender. Stir in the flour, and cook 5 minutes more. Pour in the chicken broth, season with cayenne pepper, and remaining salt and pepper. Bring to a boil, and reduce heat to low.
- 3 Return chicken to the skillet, cover, and continue cooking 30 minutes, until chicken juices run clear and gravy has thickened.

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