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Chicken paprikash

10 8 8 SmartPoints® value per serving ⓘ

Total Time: 36 min **Prep:** 16 min
Cook: 20 min **Serves:** 4 **Difficulty:** Easy

This Hungarian dish is usually made with a decadent heavy cream sauce, but our trimmed-down version still has rich, hearty flavor—without the fat and calories of the classic. For the best results, make sure the sour cream is at room temperature before you stir it into pan. This will ensure it blends in well with the other hot ingredients to create a silky, creamy sauce. We also recommend using a good-quality Hungarian paprika for superior flavor, but in a pinch, you could use the regular or smoked variety. You won't typically find mushrooms in traditional paprikash but here their umami flavor adds delicious depth.

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Ingredients

uncooked boneless skinless chicken breast(s)

20 oz, 4 (5-ounce)

table salt

½ tsp

black pepper

¼ tsp, freshly ground

canola oil

2 tsp

uncooked red onion(s)

1 large, chopped

green pepper(s)

1 medium, seeded and chopped

paprika

2 Tbsp

all-purpose flour

1 Tbsp

reduced-sodium chicken broth

2 cup(s)

fresh mushroom(s)

½ pound(s), fresh, sliced

light sour cream

2 Tbsp

dill

1 Tbsp, fresh, chopped

→ and
1 tomato, sliced

cooked egg noodles

4 cup(s), hot, broad

Instructions

1 Sprinkle the chicken with the salt and pepper. Heat 1 teaspoon of the oil in a large nonstick skillet over medium-high heat. Add the chicken and cook until lightly browned, about 3 minutes on each side. Transfer the chicken to a plate; set aside.

2 Add the remaining 1 teaspoon oil to the same skillet, then add the onion and bell pepper. Cook over medium heat, stirring often, until very tender and lightly browned, about 8 minutes. Add the paprika and flour; cook, stirring constantly, about 1 minute. Gradually add the broth and cook, stirring constantly, until the mixture bubbles and thickens slightly. Add the mushrooms and *and tomato* simmer 3 minutes. Return the chicken to the skillet. Reduce the heat and simmer, covered, until the chicken is cooked through, about 5 minutes.

3 Stir the sour cream and dill into the skillet; bring to a gentle simmer, then remove from the heat. Serve with the noodles. Yields 1 chicken breast with $\frac{1}{2}$ cup sauce and 1 cup noodles per serving.