

## SPOTLIGHT RECIPE

# SMOTHERED CHICKEN THIGHS

SERVES 8

### INGREDIENTS

#### For the chicken thighs

- 2 tablespoons soy sauce
- 2 teaspoons paprika
- 1 teaspoon ground black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon red chili flakes
- 8 chicken thighs, boneless, skinless

#### For the gravy

- 1 tablespoon canola oil
- 4 ounces turkey bacon
- 1/2 cup onion, chopped
- 2 tablespoons all-purpose flour
- 1 cup chicken stock
- 1/2 teaspoon ground black pepper
- 2 teaspoons dry mustard powder
- 1 cup heavy cream



### DIRECTIONS

#### For the chicken thighs

Place all of the ingredients in a bowl; toss to combine. Refrigerate for 24 hours.

Heat a skillet over medium-high heat. Add 1 tablespoon of canola oil. Sear the chicken thighs to golden brown, 3 to 4 minutes on each side. Remove the chicken from the skillet.

#### For the gravy

Add the turkey bacon to the skillet; cook until crispy. Stir occasionally to ensure the turkey bacon cooks evenly. Add the onion and cook until it becomes translucent, 3 to 4 minutes. Add the flour; stir and let cook 3 to 4 minutes. Using a whisk, add the chicken stock; mix until smooth. Add the black pepper and mustard powder; bring to a simmer. Add the heavy cream; bring to a simmer. Add the chicken thighs to the gravy. Reduce the heat to low.

Cook for 15 minutes. Insert a thermometer into the chicken to ensure it's cooked to 165 F. Remove from the heat and serve.

#### Sides

Whipped Sweet Potatoes • Sautéed Kale

