

## Soul Smothered Chicken

Oscar · 28/09/2024

**Prep Time**

1 hr 15 mins

**Difficult**

Medium

**Servings**

8

**Description**

A favorite smothered chicken recipe You cant just go to any restaurant and get this comforting dish 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**

- - ½ cup butter - 1 whole chicken
- cut into pieces - 3 teaspoons salt
- divided - ¾ teaspoon ground black pepper
- divided - ¾ cup all-purpose flour - 3 cups chopped yellow onions - 2 cups chopped carrots - 1 cup chopped celery - 3 cloves garlic
- chopped - 3 tablespoons all-purpose flour - 3 cups chicken broth - ¼ teaspoon cayenne pepper

**Instructions**

1. Gather the ingredients. Melt butter in a large skillet over medium-high heat. Season chicken pieces with 1 teaspoon salt and 1/2 teaspoon pepper. Place 3/4 cup flour in a shallow dish. Dredge chicken in flour
2. place in the skillet
3. and brown on all sides. Set chicken aside
4. and drain skillet
5. reserving about 1 tablespoon butter. Reduce skillet heat to medium-low
6. and stir in onions
7. carrots
8. celery
9. and garlic. Cook until tender
10. 5 minutes. Stir in 3 tablespoons flour
11. and cook 5 minutes more. Pour in chicken broth
12. season with cayenne pepper
13. and remaining salt and pepper. Bring to a boil
14. and reduce heat to low. Return chicken to the skillet
15. cover
16. and continue cooking until chicken juices run clear and gravy has thickened
17. about 30 minutes.