



## Chicken Paprikash

**Prep: 20 minutes**

**Cook: 5 hours 45 minutes • Serves: 4**

- 2 pounds boneless, skinless chicken thighs, trimmed and cut into 1-inch chunks
- 1 can (14 ounces) less-sodium chicken broth (1¾ cups)
- 2 garlic cloves, finely chopped
- 1 green bell pepper, sliced
- 1 medium yellow onion, sliced
- 2 tablespoons paprika
- 2 teaspoons salt
- ½ teaspoon ground black pepper
- ⅛ teaspoon cayenne pepper
- 4½ cups wide egg noodles (about 8 ounces)
- 1 cup sour cream
- 3 tablespoons all-purpose flour
- 2 medium tomatoes, each cut into 1-inch chunks (about 3 cups)
- 1 red bell pepper, sliced
- Chopped fresh parsley (optional)

**1.** In 5- to 6-quart slow cooker, combine chicken, broth, garlic, half of the green bell pepper, onion, paprika, salt, black pepper and cayenne pepper. Cover and cook on low 5½ hours or on high 2½ hours.

**2.** Meanwhile, about 30 minutes before paprikash is done, prepare noodles as label directs; drain.

**3.** In small bowl, stir together sour cream and flour, and stir into slow cooker. Increase heat to high, cover and cook 5 minutes. Stir in tomatoes, red bell pepper and remaining half of the green bell pepper; cover and cook 10 minutes longer. Serve chicken paprikash over noodles. Sprinkle with chopped parsley, if desired.

*Approximate nutritional values per serving:*

*561 Calories, 22g Fat (10g Saturated), 217mg Cholesterol, 1510mg Sodium, 45g Carbohydrates, 4g Fiber, 47g Protein*