

Creamy Chicken Mushroom Stroganoff: A 30-Minute Comfort Food Classic

Creamy Chicken Mushroom Stroganoff: The Ultimate Weeknight Comfort Food



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30 min

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INGREDIENTS

Chicken Breast (1 lb): Thinly sliced to ensure even, quick cooking.

Fresh Mushrooms (2 cups): Sliced. Cremini or Baby Bella mushrooms add the best depth of flavor.

Onion & Garlic: One medium onion and two cloves of garlic provide the aromatic base.

Fats: A combination of 1 tablespoon olive oil and 2 tablespoons butter for the perfect sear.

The Sauce Base: 1 cup chicken broth and 2 tablespoons all-purpose flour to thicken.

The Signature Creaminess: 1 cup sour cream.

Seasonings: 1 teaspoon paprika (for color and warmth), salt, and pepper to taste.

Garnish: Freshly chopped parsley.

For Serving: Cooked egg noodles or fluffy white rice.

DIRECTIONS

- 1. Sear the Chicken:** In a large skillet, heat your olive oil and butter over medium-high heat. Add the chicken slices, seasoning lightly with salt and pepper. Brown them on both sides (about 3 minutes per side). They don't need to be fully cooked through yet. Remove and set aside.
- 2. Sauté Aromatics:** In the same skillet (don't wash it-those brown bits are flavor gold!), add the onions and garlic. Sauté until the onions are translucent and fragrant.
- 3. Brown the Mushrooms:** Add the sliced mushrooms to the skillet. Cook them until they turn a deep golden brown and have released most of their moisture.
- 4. Create the Roux:** Sprinkle the flour over the mushroom mixture. Stir constantly for 1-2 minutes to "cook out" the raw flour taste.
- 5. Build the Sauce:** Gradually pour in the chicken broth, whisking or stirring constantly. This prevents lumps and creates a silky smooth gravy.
- 6. Simmer:** Return the chicken to the pan. Lower the heat to a simmer and let it cook for about 10 minutes, allowing the chicken to finish cooking and the flavors to meld.
- 7. The Final Touch:** Stir in the sour cream and paprika. Season with additional salt and pepper. Let it cook for another 5 minutes until thickened. **Pro Tip:** Do not let the sauce boil once the sour cream is added, or it may curdle.
- 8. Serve:** Ladle the stroganoff over a bed of buttery egg noodles and garnish with fresh parsley.

SWAPS & NOTES

The Protein: You can easily swap chicken breast for chicken thighs if you prefer a juicier, more fat-forward bite.

The Mushrooms: If you aren't a fan of mushrooms, you can substitute them with thinly sliced zucchini, though you'll lose that classic earthy Stroganoff profile.

Dairy-Free: For a dairy-free version, use a high-fat coconut milk or a dairy-free sour cream alternative.

Low Carb: Skip the noodles and serve this over cauliflower mash or even a 3-ingredient egg wrap sliced into "noodles."

Step-by-Step Directions Sear the Chicken: In a large skillet, heat your olive oil and butter over medium-high heat.

TIPS FOR SUCCESS

Don't Crowd the Pan: When browning the chicken and mushrooms, give them space.

If the pan is too full, they will steam instead of sear, and you'll miss out on that beautiful golden crust.

Room Temp Sour Cream: Pull your sour cream out of the fridge about 15 minutes before using.

Adding cold cream to a hot pan increases the chance of the sauce breaking.

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