

## Smothered Chicken with Baby Bok Choy

6 chicken thighs with skin on  
Salt and pepper for taste  
3-4 tbsp unsalted butter or vegetable oil

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1 1/2 cup mushrooms (add more if you like)  
3 cups water (or 3 cups of chicken broth)  
3 tsp **Better Than Bouillon Chicken Base** if you aren't using chicken broth  
pinch or two of garlic  
pinch or two of onion powder  
3 tbsp flour  
2 tsp white wine  
One bunch of baby bok choy (cleaned dried and cut lengthwise then quartered)  
salt for taste  
pepper for taste

### ***Directions:***

To make smothered chicken, first season chicken with salt and pepper. Sear the chicken in a big frying pan for about 4-5 minutes on both side using medium high heat. Remove a tablespoon or two of the chicken juices from the pan and reserve for later.

Pop the chicken into a preheated oven and bake for 30-35 minutes or until done. Add the baby bok choy to a baking pan. Use the reserved chicken juices and drizzle it over the baby bok choy and then place it into the oven for 10 minutes.

FYI, prepare the baby bok choy 10 minutes before the chicken is done so everything is done at the same time.

Once the chicken and baby bok choy is done, remove the chicken and use discard all but 1/4 cup of the chicken juice. Using the same chicken pan add the mushrooms and cook for about 2-3 minutes on medium high, then set the mushroom to the side. Add water (add chicken broth to the pan if you're not using Better Than Bouillon) add the better than bouillon to a bowl with the water and mix well.

Then add the chicken broth to the pan over high heat until boiling. Add the wine boil for a minute then add the flour and whisk until the clumps are gone. Add a pinch or two of onion and garlic powder and more pepper or salt if needed.

If you are using chicken broth instead of BTB, you may have to add more seasonings and salt.

Once the gravy has thickened, add the chicken and mushrooms. Simmer for 10 minutes then add the bok choy to the pan and spoon the sauce over the chicken. Serve with rice or mashed potatoes on the side.