



INGREDIENTS

- 1½ Pounds Chicken Thighs (boneless, skinless; cut into chunks)
- 1 Tablespoon Paprika
- 1½ Pounds Potatoes (cubed)
- ½ Cup Onion (chopped)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Garlic (minced)
- ½ Cup Unsalted Chicken Broth
- ½ Tablespoon All-Purpose Flour (enriched or whole grain rich)
- 4 Tablespoons Heavy Cream
- ½ Teaspoon Thyme
- 1 Teaspoon Cajun Seasoning
- 1 Teaspoon Dried Oregano
- ½ Teaspoon Salt
- ½ Teaspoon Black Pepper
- ¼ Teaspoon Chili Powder
- ¼ Cup Cilantro (finely chopped)

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

DIRECTIONS

1. Boil the potatoes until tender, about 20 minutes.
2. Meanwhile, prepare a hot pan over medium heat. Add olive oil, garlic, onion, and thyme. Stir for 1 minute to caramelize.
3. Add flour to the caramelized garlic and onion. Stir for 30 seconds.
4. Add chicken thighs and sauté for 5 minutes.
5. Add paprika, Cajun seasoning, dried oregano, salt, ground black pepper, and chili powder. Stir for 2 minutes to combine.
6. Add chicken broth and heavy cream. Let the chicken cook over low heat for 10 minutes.
7. Mash the potatoes.
8. Sprinkle chicken with cilantro.
9. Serve the chicken in the sauce with the mashed potatoes.

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups Paprika Chicken +
3 Cups Mashed Potatoes

PORTION SIZES

Toddler: ½ Cup Chicken +
⅛ Cup Potatoes

Preschool: ½ Cup Chicken +
¼ Cup Potatoes

School Age: ¾ Cup Chicken +
½ Cup Potatoes

Adult: ¾ Cup Chicken +
½ Cup Potatoes