

## French Onion Chicken Skillet Dinner

Serves 4 - 6

This chicken dish features a rich pan sauce, loads of slowly caramelized onions, and bubbly, broiled cheeses on top - oh my! Even better, this savory dish is prepared in one large skillet. This French Onion Chicken Skillet Dinner is likely to become a new family favorite.

### **Ingredients:**

4 tablespoons butter	2 tablespoons flour, for thickening the sauce
2 large sweet onions, cut pole-to-pole, Lyonnais style strips	1/4 cup white wine
1 teaspoon sugar	1 cup beef broth
2 cloves garlic	6 sprigs fresh thyme
6 thin cut skinless, boneless chicken breasts	Kosher salt
For dusting chicken: 1/4 cup flour, 1/2 teaspoon Kosher salt, 1/4 teaspoon pepper, 1 teaspoon fresh thyme leaves, 1/4 teaspoon paprika	Freshly ground pepper
	1 teaspoon Worcestershire sauce
	8 oz Gruyère or Swiss cheese, shredded
	4 oz Parmesan cheese, shredded

### **Directions:**

1. Using a large oven-proof skillet or braiser melt the butter.
2. Add the sliced onions and cook over medium-high heat. Stir the onions every few minutes, then turn down the heat. Continue to cook the onions until they begin to turn a nice brown color. Turn the heat lower, as needed, to prevent the onions from burning. Caramelizing onions fully takes time! A true caramelized onion takes about an hour, but for this recipe giving the onions 25-30 minutes to reach a tender, caramelized state works well. Sprinkle the onions with 1 teaspoon of sugar to help with the process. To help the onions caramelize slowly, let them sit in a little pile, then stir once or twice about every 5 minutes.
3. Once the onions have caramelized, add the garlic and sauté for another 2 minutes until fragrant.
4. Remove the onions from the pan, and set aside to brown the chicken.
5. Lightly coat the chicken breasts in the flour, salt, pepper, paprika, and thyme mixture until dusted on both sides. Add up to 4 additional tablespoons of butter or olive oil while cooking the chicken to prevent sticking.
6. Brown the chicken on both sides and cook until about 150 degrees F, but not all the way done. Remove the chicken from the pan.
7. Add the onions back to the pan, and then sprinkle with 2 tablespoons of flour. Stir until coated. Add the wine, and reduce down. Add the beef broth and Worcestershire sauce, and stir until a sauce is formed. Once the sauce has thickened slightly, add the chicken breasts back in.
8. Turn the oven to broil. Sprinkle the chicken breasts with the Gruyère and Parmesan cheese and then broil until bubbling and golden brown and the chicken reaches 165 degrees F.
9. Garnish with fresh thyme leaves.
10. Serve with a side of kale Caesar salad, a side of roasted vegetable, mashed or baked potatoes, egg noodles, pasta, or cauliflower rice.