



Skillet Coq au Vin (Cooking for 2)

★★★★★

Prep
40 MIN

Total
60 MIN

Servings
2

**A Delicious Recipe
Image Coming Soon!**

Ingredients

- 2 slices thick-cut bacon, chopped
- 1/2 cup frozen pearl onions, thawed
- 2 bone-in skin-on chicken thighs (about 3/4 lb)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup chopped onion
- 1 cup sliced mushrooms
- 1 clove garlic, finely chopped
- 1 tablespoon Muir Glen™ organic tomato paste
- 1/2 teaspoon finely chopped fresh thyme leaves
- 1 tablespoon Gold Medal™ all-purpose flour
- 1 cup dry red wine
- 1/2 cup Progresso™ chicken broth (from 32-oz carton)
- 1 tablespoon butter
- 1 tablespoon chopped fresh Italian (flat-leaf) parsley

Steps

- 1 In 10-inch skillet, cook bacon over medium heat 4 to 6 minutes, stirring occasionally, until crisp. Using slotted spoon, transfer bacon to bowl. Add pearl onions to drippings in skillet; cook and stir 1 to 2 minutes or until browned. Transfer to another bowl.
- 2 Season chicken with salt and pepper. Place skin side down in skillet; cook over medium heat 6 to 8 minutes, turning once, until browned on both sides. Remove from skillet. Add onion and mushrooms to skillet; cook and stir 4 to 5 minutes or until lightly browned. Add garlic, tomato paste and thyme; cook and stir 1 minute. Add flour; cook and stir 1 minute.
- 3 Stir in red wine and broth; heat to boiling. Add the browned chicken and bacon, spooning some of the sauce over top of chicken. Reduce heat to medium-low; cover and simmer 20 to 25 minutes, turning chicken once halfway through, until juice of chicken is clear when thickest part is cut to bone (at least 165°F). Stir browned pearl onions and butter into sauce; cook until heated through. Garnish with chopped parsley, and serve.

Expert Tips

- Great served with Betty Crocker™ creamy mashed potatoes.
- A dry red wine like Merlot or Cabernet Sauvignon works well in this recipe.

Nutrition Information

Serving Size: 1 Serving

Calories 410	Calories from Fat 200
Total Fat	22g 34%
Saturated Fat	8g 41%
Trans Fat	1/2g
Cholesterol	115mg 38%
Sodium	780mg 32%
Potassium	640mg 18%
Total Carbohydrate	14g 5%
Dietary Fiber	2g 8%
Sugars	5g
Protein	34g

% Daily Value*:

Vitamin A 8%	Vitamin C 8%
Calcium 6%	Iron 15%

Exchanges:

1/2 Starch; 0 Fruit; 0 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 1 Vegetable; 4 1/2 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 4 Fat;

**Percent Daily Values are based on a 2,000 calorie diet.*