

Bourbon Chicken

Recipe makes 6 meals

Ingredients

2 lbs Boneless Skinless Chicken Thighs, cleaned and trimmed
1.5 C White Rice, dry
1 C Beef Broth
1/2 C Less Sodium Soy Sauce
1/2 C Apple Juice
1/2 C Water
1/4 C Bourbon, optional
1/4 C Light Brown Sugar
3 Tbsp Corn Starch
2 Tbsp Cooking Oil, divided
2 Tbsp Apple Cider Vinegar
2 Tbsp Ketchup
1 Tbsp Minced Garlic
1 Tbsp Garlic Powder
1 Tbsp Onion Powder
1 tsp Smoked Paprika
1/2 tsp Ginger
1/4 tsp Five Spice Powder
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 463

Fat - 11g

Carbohydrates - 53g

Protein - 35g

**Estimated Cost
Per Meal**

\$2.04

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Instructions

1. Start by cooking your rice according to the instructions on the package.
2. Clean your chicken thighs by trimming off any pieces of bones and large chunks of fat. Don't worry about the smaller pieces of fat. It will render down.
3. Place your chicken thighs in a large mixing bowl and add 1 Tbsp garlic powder, 1 Tbsp onion powder, 1 tsp smoked paprika, 1/4 tsp five spice powder, a little salt, pepper, and 1 Tbsp of cooking oil. Mix together very well and ensure all of the chicken is coated nicely. Be sure to get into the folds of the chicken. Let that sit at room temperature while you make your sauce.
4. In a mixing bowl, add 1 cup beef broth, 1/2 cup soy sauce, 1/2 cup apple juice, 1/4 cup brown sugar, 2 Tbsp apple cider vinegar, 2 Tbsp ketchup, 1/4 tsp ginger, and a little salt to taste. Mix well.
5. When you're ready to start your chicken, heat 1 Tbsp of cooking oil in a large skillet over medium-high heat. Ensure your oil is very hot, then slowly start adding your chicken thighs. Cook for about 4-5 minutes on each side. Be sure not to flip them too early. You're looking for a nice crust on the outside.
6. Once all of your chicken is done, remove from the pan and set aside to cool before handling. Reduce the heat to medium and in that same pan, add 1/4 cup of bourbon (or water if not using bourbon). Stir and scrape to deglaze the pan. Then add 1 Tbsp minced garlic and cook for about 30 seconds. Pour in your sauce and let it simmer while you chop your chicken.
7. When your chicken is cool enough to handle, chop it up into bite size pieces. If it is not cooked all the way through, don't worry, it will finish cooking in the sauce.
8. To thicken your sauce, make a slurry. In a bowl add 1/2 cup water and 3 Tbsp of corn starch. Whisk and then slowly pour into the pan with your sauce. Once your sauce starts to bubble, add in your chopped chicken, mix well, cover, and cook for 10 minutes, stirring half way through.
9. When done, taste and add salt and pepper to preference. Enjoy!



Notes

- As you can see, this dish is a traditional bourbon chicken like you'd see at many food courts. That means, no veggies. A side of broccoli or your favorite veggie is recommended.
- Any brand of bourbon will be fine in this recipe. If you do not want to use bourbon, simply use water in place of the bourbon to deglaze the pan. If you are worried about the alcohol content, there's no need. The alcohol will cook out as the dish is heated.
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.