

# Chicken Paprika

Makes 1 serving (1 protein, 1 vegetable)
25 grams protein
3 grams fat
172 calories

## Ingredients

- 100 grams chicken
- ¼ cup chicken broth or water
- 3 tablespoons tomato paste
- 1 teaspoon paprika
- 1 tablespoon red onion, chopped
- 1 clove garlic, crushed and minced
- 1 bay leaf
- Sea salt and pepper to taste

## PHASE 3 MODIFICATIONS

Sauté the chicken in a little butter or olive oil, then add tomato, broth, and ¼ cup sour cream.

## Directions

1. Combine broth, chicken, garlic, and onion.
2. Stir in tomato paste and spices.
3. Simmer chicken mixture for 20 minutes or more.
4. Serve with sliced tomatoes and garnish with parsley.



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