



cara price

CHICKEN IN CREAMY TOMATO SAUCE

INGREDIENTS

for the chicken:

- 3 pounds chicken , thin sliced
- 3 tablespoons coconut flour
- 1 tablespoon italian seasoning
- 1-1/2 teaspoons salt
- oil from sundried tomatoes

for the sauce:

- 1/2 cup raw cashews, soaked in hot water for 30 minutes
- 14.5 ounce can tomato sauce
- 8 ounce jar sundried tomatoes, packed in olive oil
- 1/2 cup vegetable broth
- 2 cloves garlic
- 1 tablespoon italian seasoning
- 2 teaspoons apple cider vinegar
- 1 teaspoon lemon juice
- 1 teaspoon salt

DIRECTIONS

make sure to soak your cashews in hot water for 30 minutes prior to starting this meal. you can do this by bringing a small pot of water to a boil, then turning it off & removing it from the burner. pour cashews into the hot water to soak.

drain the sundried tomatoes & reserve the oil. slice the sundried tomatoes into small pieces.

dredge the chicken in the coconut flour, italian seasoning & salt.

make the sauce before you start the chicken. to do so, drain the cashews & discard water. place cashews along with all the other ingredients in a high speed blender for 40-60 seconds, making sure the cashews are completely emulsified into the sauce. set aside.

pour the oil from the sundried tomatoes into a large skillet & heat over medium-high. brown the chicken 3-4 minutes per side. pour the sauce over the chicken, stirring it around a bit to coat the chicken. sprinkle the sundried tomatoes over the sauce.

cover & reduce heat to low, cooking an additional 10 minutes.