



## Beer Braised Chicken and Onions

 Popular

READY IN



135 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 Tbsp butter unsalted
- ☐ 6 chicken thighs
- ☐ 6 servings salt
- ☐ 3 pounds onions yellow sliced
- ☐ 1 Tbsp brown sugar packed
- ☐ 2 bay leaves
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 Tbsp smooth dijon mustard

- ☐ 1.5 cups beer dark
- ☐ 1 cup chicken stock see
- ☐ 6 servings pepper black freshly ground

## Equipment

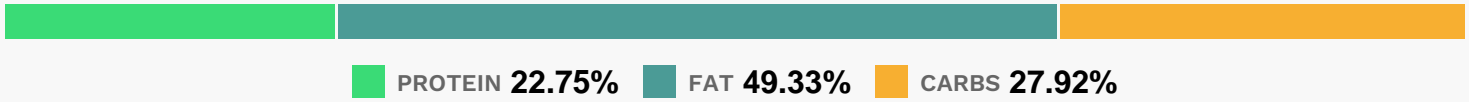
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ wooden spoon
- ☐ dutch oven

## Directions

- ☐ Brown the chicken thighs on all sides: Melt the butter in a large, heavy pot with a lid, such as a Dutch oven, over medium-high heat. Pat the chicken thighs dry with paper towels and set them skin side down in the butter. Salt the meat side lightly.
- ☐ Brown the chicken on both sides well.
- ☐ Remove the browned thighs from the pan and set aside in a bowl.
- ☐ Drain off some of the fat: The chicken skin has likely rendered quite a bit of fat.
- ☐ Drain off all but 2 tablespoons of fat from the pan, taking care to not discard any of the tasty browned bits. (Note, do not discard the fat down the drain, you may clog your plumbing.
- ☐ Pour off into a jar.)
- ☐ Cook the onions: Lower the heat to medium and add the sliced onions to the pan. If you want, sprinkle brown sugar over the onions. This is optional. The added sugar will intensify the natural sweetness of the onions.
- ☐ Cook the onions slowly, stirring occasionally, until they begin to brown, about 15 minutes.
- ☐ Add herbs mustard, salt, beer, stock, chicken, bring to simmer:
- ☐ Add the bay leaves, thyme, mustard, 2 teaspoons of salt, and beer to the onions. Scrape up any browned bits from the bottom of the pot with a wooden spoon.
- ☐ Add the chicken thighs and the chicken stock and bring to a simmer.

- ☐
- Cook until chicken is falling off the bone tender: Cook covered for 45 minutes, then uncover the pot and simmer well until the liquid is greatly reduced and the meat wants to fall off the bone, between 45 minutes and 1 hour.
- ☐
- If you are using unsalted or low sodium stock, you will likely need to add more salt.
- ☐
- Add freshly ground black pepper and more salt to taste.
- ☐
- Serve over egg noodles or with rice or potatoes.

Nutrition Facts



Properties

Glycemic Index:21.92, Glycemic Load:5.55, Inflammation Score:-8, Nutrition Score:15.036521631738%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg, Kaempferol: 1.95mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 46.05mg, Quercetin: 46.05mg, Quercetin: 46.05mg, Quercetin: 46.05mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 406.85kcal (20.34%), Fat: 21.6g (33.22%), Saturated Fat: 6.52g (40.77%), Carbohydrates: 27.5g (9.17%), Net Carbohydrates: 23.27g (8.46%), Sugar: 12.27g (13.63%), Cholesterol: 117.03mg (39.01%), Sodium: 405.46mg (17.63%), Alcohol: 2.3g (100%), Alcohol %: 0.65% (100%), Protein: 22.4g (44.81%), Selenium: 25.27µg (36.1%), Vitamin B6: 0.72mg (35.92%), Vitamin B3: 6.49mg (32.47%), Phosphorus: 270.28mg (27.03%), Vitamin C: 17.07mg (20.68%), Manganese: 0.38mg (18.99%), Potassium: 635.69mg (18.16%), Fiber: 4.23g (16.91%), Vitamin B2: 0.26mg (15.58%), Vitamin B5: 1.47mg (14.73%), Vitamin B1: 0.22mg (14.42%), Folate: 53.45µg (13.36%), Magnesium: 52.87mg (13.22%), Zinc: 1.92mg (12.79%), Vitamin B12: 0.74µg (12.32%), Iron: 1.86mg (10.34%), Vitamin K: 9.48µg (9.03%), Copper: 0.18mg (9.01%), Calcium: 77.28mg (7.73%), Vitamin A: 171.84IU (3.44%), Vitamin E: 0.39mg (2.62%)