

Good Cooking.

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Easy Apricot Chicken

Ingredients

2 tbsp olive oil
2 lbs chicken breast meat,
cut into bite-size pieces
1 large yellow onion, chopped
2 cups chicken stock
12 dried apricots, chopped
1 (8 oz) jar apricot preserves
1 tbsp cornstarch
2 tbsp water

Directions

Heat olive oil in a large skillet over high heat. Season chicken with salt and pepper then stir chicken into hot oil and cook for 5 minutes. Stir in the onions, and cook until the onions have softened and turned translucent, about 5 minutes more. Pour in the chicken stock, dried apricots, and apricot preserves.

Bring the mixture to a boil; reduce heat to medium-low, cover, and simmer until the chicken is tender, 10 to 15 minutes. Dissolve the cornstarch in 2 tablespoons of water, and stir into the simmering chicken mixture. Salt and pepper to taste and cook until the sauce has thickened and cleared, about 1 minute. Serve over cooked white or brown rice.

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