

Easy Brazilian Chicken Stroganoff

Ingredients:

- 2 chicken breasts, cut into strips
- 1 chopped onion
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1/2 cup tomato sauce
- 1/2 cup heavy cream (or Greek yogurt for a lighter version)
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add chopped onion and sauté until translucent.
3. Add garlic and cook for 1 more minute.
4. Add the chicken strips and cook until golden.
5. Stir in the tomato sauce and let simmer for 5 minutes.
6. Lower the heat and add the heavy cream (or yogurt).
7. Stir well and cook for another 3 minutes.
8. Season with salt and pepper to taste.
9. Garnish with fresh parsley and serve with rice or mashed potatoes.