



## Easy Brazilian Chicken Stroganoff





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### EASY BRAZILIAN CHICKEN STROGANOFF

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## Introduction:

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If you're craving something quick, cozy, and packed with delicious flavor, Brazilian Chicken Stroganoff is the answer. This beloved dish is a staple in many Brazilian homes — and once you try it, you'll understand why! It's made with juicy pieces of chicken, sautéed with onions and garlic, then simmered in a rich, creamy tomato sauce that's both comforting and satisfying. What makes it extra special is how it's served: with fluffy white rice and crispy potato sticks for that perfect contrast in textures.

The best part? You don't need any fancy ingredients or hours in the kitchen. This recipe comes together in about 30 minutes using pantry staples you probably already have. It's the perfect meal for busy weeknights, lazy weekends, or even when you just want to impress friends with a taste of Brazil. Whether you're new to Brazilian cuisine or a longtime fan, this dish is sure to become a favorite on your table.

## Ingredients for Brazilian Chicken Stroganoff

For this delicious Brazilian Chicken Stroganoff, you'll need the following ingredients:

- 500 grams of boneless chicken breast, cut into bite-sized pieces
- 1 medium onion, finely chopped
- 2 cloves of garlic, minced
- 2 tablespoons of olive oil or vegetable oil

- 1 cup of tomato sauce or crushed tomatoes
- 1 cup of heavy cream or sour cream
- 1 tablespoon of Dijon mustard (optional, but adds a nice tang)
- Salt and black pepper to taste
- Fresh parsley or cilantro, chopped, for garnish
- Cooked white rice, to serve alongside
- Crispy potato sticks (batata palha), a classic Brazilian topping

These simple ingredients come together to create a creamy, flavorful dish that's ready in just about 30 minutes!

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## How to Make Easy Brazilian Chicken Stroganoff:

- **Cut the chicken:** Start by cutting chicken breast into bite-sized cubes.
- **Sauté the aromatics:** In a pan, heat some oil or butter, then sauté chopped onions and garlic until soft.
- **Cook the chicken:** Add the chicken cubes and cook until golden and cooked through.
- **Add flavor:** Stir in tomato paste or ketchup and a little mustard for that classic Brazilian taste.
- **Creamy touch:** Lower the heat and mix in heavy cream or Brazilian-style cream (creme de leite). Simmer gently.
- **Season to taste:** Add salt, pepper, and a pinch of paprika if you like.
- **Serve it right:** Traditionally served with white rice and crispy potato sticks for crunch.

This dish is rich, creamy, and super easy to make — perfect for a quick family dinner!



## Serving and Storage Tips:

Serve your **Brazilian Chicken Stroganoff** hot, ideally with fluffy white rice and crispy potato sticks on top for that classic Brazilian touch. You can also add a fresh green salad or steamed vegetables to balance the creamy richness. If you have leftovers, store them in an airtight container in the refrigerator for up to 3 days. When reheating, warm gently on the stove or in the microwave to keep the sauce creamy and prevent it from separating. Avoid freezing if possible, as the cream sauce might change texture. Enjoy your meal fresh for the best flavor and texture!

## Final Tips:

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**Use fresh ingredients:** Fresh garlic, onions, and quality chicken make a big difference in flavor.

**Don't skip the cream:** Creme de leite or heavy cream gives the dish its signature smooth and creamy texture.

**Customize it:** Add mushrooms, corn, or a pinch of paprika for extra depth and variety.

**Watch the heat:** Cook on medium to low heat after adding the cream to avoid curdling.

**Serve it hot:** Pair with white rice and crunchy potato sticks for the authentic Brazilian experience!

## Nutrition Facts *(Per Serving)*:

Nutrient	Amount per Serving	% Daily Value*
Calories	350 kcal	18%
Total Fat	22 g	34%
Saturated Fat	8 g	40%
Cholesterol	110 mg	37%
Sodium	450 mg	19%
Total Carbohydrates	15 g	5%
Dietary Fiber	2 g	8%
Sugars	4 g	—
Protein	28 g	56%
Vitamin A	15% DV	—
Vitamin C	8% DV	—
Calcium	6% DV	—
Iron	12% DV	—

## Taste the Comfort: Easy Brazilian Chicken Stroganoff You'll Crave

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Craving something creamy, cozy, and irresistibly delicious? This **Easy Brazilian Chicken Stroganoff** has it all — bold flavor, silky sauce, and that perfect touch of comfort. It's rich, satisfying, and comes together in no time — perfect for busy weeknights, lazy Sundays, or anytime you need a warm, feel-good hug in a bowl. Whether you're cooking for family, hosting friends, or just treating yourself, one bite will transport you straight to the heart of Brazil. So grab your spoon, take a deep breath, dig in, and let the creamy magic begin!

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