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# Easy Chicken Recipes For Families

If you love to cook or if you cook often for your family, you must have had a lot of experiments in the kitchen. I am sure that in the past, you have grabbed something inside the refrigerator and you decided to combine or mix it with other food.

We must admit that simply heating chicken can be boring. What this article is trying to tell you is that there are quick and easy chicken recipes you can prepare in no time.

## Chicken in Lemon Garlic Sauce

For this recipe, cut chicken breasts in halves. After, mince some garlic and saut it in a pan over medium heat. Let the garlic brown then fry the sliced chicken breasts with it until the chicken are evenly browned. Season it with salt and pepper. Remove the chicken and put it on a plate. In the same pan, pour some chicken broth and scrape of the bits stuck at the bottom. When the broth boils, add the olive oil and reduce heat to medium low. Cover and let it simmer for another 30 minutes or until the sauce is reduced to half and the chicken is tender. You can now put the lemon juice. Allow it to simmer



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for another 10 minutes or until the sauce thickens. Serve it warm over rice.

### **Easy Chicken Meatballs with Mayo Dressing**

In a bowl, combine the chicken breast, minced garlic, finely chopped onions and chopped parsley. Season it with salt and pepper and mix well. Turn the ground chicken into small ball formations. Dip them in an egg mixture (to keep the shape) and roll them in bread crumbs. Fry them under moderate heat on a pan with butter until it is evenly browned. Serve it warm with rice and mayonnaise dressing.

### **Sauted Ground Chicken with Mixed Vegetables**

In a skillet, saut some minced garlic and onions over low heat for around 5 minutes. Add ground chicken and put a few teaspoons of soy sauce to enhance its color and flavor. Season it with salt (if needed) and pepper. Another option is to saut the chicken for 10-15 minutes or until it is tender. Place some diced carrots, corn and green peas. Stir-fry for another 5-8 minutes to cook the vegetables, but keep them crispy. You can also boil the vegetables in chicken broth before serving.

These easy chicken recipes require less effort. You definitely have to try one today.

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