

# A Sutherland Belle

## Smothered Chicken & Mushroom Meatballs

### INGREDIENTS

#### *For the Meatballs*

- 1 pound ground chicken
- 5 ounces Shitake mushrooms, pulsed in food processor
- ½ cup panko bread crumbs
- ¼ cup Parmesan cheese
- 1 large egg, slightly beaten
- 1 tablespoon Worcestershire sauce
- 3 cloves garlic minced
- 1 teaspoon Italian seasoning
- ½ EACH: salt, pepper, and dry mustard
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon olive oil

#### *For the Sauce*

- 2 tablespoons unsalted butter
- 1 small onion finely chopped
- 5 ounces Shitake mushrooms sliced
- 3 cloves garlic minced
- 1 tablespoon Italian seasoning
- ½ EACH: garlic powder, onion powder, and dry mustard
- ¼ black pepper
- 2 teaspoons [Better Than Bouillon](#) Roasted Chicken Base
- 1 cup low-sodium chicken broth
- ¾ cup heavy cream
- ¼ cup Parmesan cheese grated
- 2 tablespoons fresh parsley chopped

### INSTRUCTIONS

#### *For the Meatballs*

1. Combine the ground chicken, mushrooms, panko breadcrumbs, Parmesan cheese, egg, Worcestershire sauce, minced garlic, Italian seasoning, salt, pepper, dry mustard, and chopped parsley. Mix until combined. Avoid over-mixing the meatball mixture to ensure they remain soft and juicy.
2. Form the mixture into meatballs, about 1½-2 inches in diameter; approximately 14-16 meatballs.

3. Heat the olive oil in a large skillet over medium heat. Add the meatballs, and cook until browned on all sides, for about 8-10 minutes. Remove meatballs from the skillet and set aside.  
*Alternatively, you can cook the meatballs in a 375F oven for 18-20 minutes turning midway.*

#### *For the Sauce*

1. In the same skillet, add butter and sauté the onions until translucent.
2. Add the sliced mushrooms and cook until they start to release their moisture. Stir in the minced garlic, Better than Bouillon base, garlic powder, onion powder, dry mustard, and black pepper; cook for an additional minute.
3. Pour in the chicken broth to deglaze the pan, scraping up any browned bits from the bottom of the skillet. Add the heavy cream and simmer until the sauce begins to thicken about 5 minutes.
4. Stir in the grated Parmesan cheese until the cheese has melted and the sauce is creamy.
5. Return the meatballs to the skillet with the sauce and simmer for another 5 minutes, until the meatballs are heated and the sauce thickens to your liking.
6. Serve immediately over mashed potatoes (I used instant!) and garnish with parsley and fresh cracked black pepper.