

Cinnamon Chicken & Onions

Prep Time: 5 Min **Cook Time:** 40 Min **Total Time:** 45 Min
Serves 1

Ingredients

100g+ Onions, sliced
100g Chicken, cubed
1/2 cup Chicken Broth or water
1/4 tsp. Ground Cinnamon
Pinch of Nutmeg
Pinch of Cardamom
1/8 tsp. Curry Powder
Dash of Garlic Powder
Sea Salt & Pepper to taste
1 pkg Krisda Stevia
1 Melba Toast or 2 breadsticks

Instructions

- 1 Cook the onions in the broth until soft.
- 2 Add the chicken and spices.
- 3 Cook until the chicken is done and broth is reduced to almost nothing.
- 4 Carefully caramelize the onions and chicken.
- 5 Serve with 1 Melba toast or 2 breadsticks.
- 6 Yummy!!!

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