

Cooking for One

SKINLESS CHICKEN BREASTS WITH ONIONS, MUSHROOMS, SAUT'E EXPRESS (GARLIC AND HERB) CUBES and CREAM OF CHICKEN SOUP

I prepare everything ahead of time, i.e, slice yellow onion and slice fresh mushrooms. I put the can of cream of chicken soup and one cup of milk in a bowl and mix until smooth. Stab the chicken a few times with a fork (tenderizing) Set everything aside.

When done with your preparation, put in 2 cubes of Saut'e Express (garlic of herb). When ready put the chicken in the frying pan to brown (browning both sides) and cover with onions. After browning is complete, throw in the mushrooms and the C of C soup. Turn heat down to medium//low and cover, stirring occasionally. Let cook for about 45 minutes or until chicken is falling apart tender. After a while the color of the soup will darken.

2 Chicken Breasts

2 cubes of Saut'e Express (garlic and herb)

Half of yellow onion, (cut up)

Half of a package of fresh mushrooms (washed and cut)

1 can of Cream of Chicken soup

Salt and pepper to taste.

You can use with potatoes or rice. This feeds me for about 2-3 days.

I hope you like it.

Brenda Harvey