Italian Chicken  
   
cutup boneless skinless chicken breast (quantity to your liking - I think I use about 3 medium-sized breasts)  
add 1/2 cup water and I package Italian seasoning mix  
   
cook in crock pot on low for **at least** 4 hours  
   
add 1 can cream of chicken soup and 8 ounces of sour cream  
   
cook for about 1 more hour or until hot - serve over noodles