

YIELD: 4 SERVINGS

Cream of Mushroom

Chicken

Tender chicken is smothered in cream of mushroom soup gravy for one of the easiest skillet dinners. Serve every last drop of gravy over rice, egg noodles or mashed potatoes!



PREP TIME

5 minutes

COOK TIME

10 minutes

TOTAL TIME

15 minutes

Ingredients

- 1 ¼ lbs boneless, skinless thin-cut chicken breasts or tenders
- 1 tablespoon vegetable oil
- ½ teaspoon garlic powder
- 1 can (10oz) cream of mushroom soup
- Salt and pepper, to taste
- Noodles, rice or mashed potatoes for serving

Instructions

1. In a large skillet heat the oil over medium heat. Season the chicken with garlic powder, salt and pepper.
2. Brown the chicken on both sides until golden, about 2 minutes.
3. Add the cream of mushroom soup and spread over the top. When soup begins to bubble, cover pan, lower heat to a simmer and cook for 5-10 minutes, or until cooked through.
4. Serve over noodles, rice or mashed potatoes.

Notes

If a thinner gravy is desired, whisk in ¼- ½ cup milk or water.

Nutrition Information: **YIELD:** 4 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 425 TOTAL FAT: 14g SATURATED FAT: 3g
TRANS FAT: 0g UNSATURATED FAT: 9g CHOLESTEROL: 125mg SODIUM: 654mg
CARBOHYDRATES: 24g FIBER: 2g SUGAR: 1g PROTEIN: 48g

Nutritional information provided is an estimate only. Please consult the labels of ingredients you use for more accurate results.



Did you make this recipe?

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CUISINE: American / **CATEGORY:** Entrees & Sides

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