2-Step Chicken

4 servings

- 1 Tbs vegetable oil
- 4 skinless, boneless chicken breast halves
- 1 (10-oz) can cream of chicken soup
- 1/2 cup water

1. Heat oil in a skillet at a medium-high setting.
2. Add chicken and cook for 10 minutes or until it is well-browned on both sides.
3. Remove chicken from the pan and set it aside.
4. Stir the soup and water together in the skillet and heat it to a boil. Return the chicken to the skillet. Reduce the heat to low and simmer for an additional 10 minutes until the chicken is cooked through.

Comments

- This quick and easy dish takes 5 minutes to prepare and about 20 minutes to cook.
- For food safety, use a thermometer to check the temperature. It should reach 165° for food safety.

Healthy Menu

2-Step Chicken
Broccoli
Sliced Tomato Salad
Whole-Wheat Bread
Milk