



Recipe: 2-Step Chicken



INGREDIENTS

- 1 tablespoon vegetable oil
- 2 boneless chicken breasts
- 1 can cream of chicken soup (10 ounces)
- dash of pepper
- 1/2 cup water

DIRECTIONS

- Heat oil in a skillet at a medium-high setting.
- Add chicken and cook for ten minutes.
- Remove chicken from pan and set aside.
- 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, or until the chicken reaches an internal temperature of 165°F.

Nutrition Facts: Servings 4; Calories 181; Total fat 10 g; Saturated fat 2 g; Sodium 537 mg; Total fiber 0; Protein 12 g; Carbohydrates 5 g.

Source: U.S. Department of Agriculture