

Chicken Stoganoff

~ *Crockpot cooking* ~



The Crockpot is one of the best time saving appliances in the kitchen. It's great for beginning cooks because all you have to do is fill it and turn it on. Hours later, you come home to a house filled with wonderful smells and dinner ready for the table.

Ingredients

- 5 Chicken Breasts (cut into pieces)
- 16 oz Fat Free Sour Cream
- 1 packet Dry Onion Soup Mix
- 1 10.5 oz can 98% Fat Free Cream of Chicken Soup
- 1 12 oz package Whole Wheat Egg Noodles

Directions

1. Cut chicken in pieces (a little bigger than bite size)
2. Combine dry soup mix, sour cream and cream of chicken soup, mix well.
3. Pour over chicken in Crockpot.
4. Stir to coat chicken
5. Cook on High for 3 hours, then, turn to low for the last 2 hours. (Or, cook on low all day)
6. Cook Noodles according to directions, drain.

Servings per Recipe: 6

Serving size: 1.5 C

Per serving: 340 calories, 14.4g protein, 2.4g carbohydrate, 1.2g total fat, 36.8 mg cholesterol, 270mg sodium, 0.2g fiber.