

Crockpot Chicken Stroganoff

Yield: 6 servings

Ingredients:

- 6 boneless, skinless chicken breasts
- 1 can Amy's® cream of mushroom soup or low-fat cream of mushroom soup
- 16 oz. whole plain yogurt (low-fat will make it thin)
- 2 tbsp dry, minced onion
- 2 MSG-free beef or chicken bouillon cubes
- 1 large clove (2 tsp) minced garlic
- 16 oz. chopped, fresh mushrooms
- ½ cup dry white wine
- Freshly ground pepper
- Chopped fresh or dry parsley for garnish (optional)

Directions:

1. Put fresh or frozen chicken breasts in the bottom of a big slow cooker.
2. Mix remaining ingredients, except for the parsley.
3. Pour over chicken and cover. Cook on low for 6-7 hours.
4. Salt to taste.
5. Serve on whole grain noodles, potatoes or brown rice.
6. Garnish with parsley.

(continued)

Nutrition Facts: (per serving)

Nutritional info per serving does not include rice or grain:

Calories: 320 • Fat: 12g

Sodium: 600mg • Carbohydrates: 20g

Dietary Fiber: 3g • Protein: 33g

Source: *www.chindeep.com*



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