

Prep time: 15 minutes

Cook time: 6-8 hours

Serves: 4

Cost per serving: \$2.00

Utensils Needed:

Slow Cooker

Can Opener

Bowl

Mixing spoon

Slow Cooker Chicken Stroganoff

Ingredients:

Nonstick cooking spray

1 pound boneless, skinless chicken breasts

1 package powdered onion soup mix

1 can fat-free cream of chicken soup

16 ounces fat-free sour cream

1 large can mushrooms (drained)

Directions:

1. Lightly spray the slow cooker with cooking spray. Lay the 1 pound of chicken breast on the bottom of slow cooker.
2. Mix together onion soup mix, cream of chicken soup, sour cream and mushrooms; pour on top of chicken breasts.
3. Cook on low for 6 to 8 hours.
4. Serve with rice or noodles.

NUTRITION FACTS

Calories	270
Fat	4 g
Cholesterol	85 mg
Sodium	650 mg
Total Carbohydrate	24 g
Dietary Fiber	0 g
Protein	32 g

