

Chicken in Mushroom Gravy over Brown Rice

Recipe courtesy of *Diane Henderiks*

momlogic.com

Ingredients:

3 tbsp. olive oil

1 lb. mushrooms – White or small Portobello, sliced thick

6 half chicken Breasts

2 cup cream of Wild Mushroom Soup (recipe below) or

1 - 14.5oz. can of low-fat Cream of Mushroom Soup plus 1/2 can low-fat milk

¼ cup sherry

1 tsp. paprika

Directions:

1. In large frying pan, saute mushroom in 1 tbsp. of oil until lightly brown. Remove from pan & set aside.
2. Add 2 tbsp oil to pan & brown chicken lightly on all sides. Remove from pan & set aside
3. Add mushroom soup (and milk if using canned soup) to pan and stir until smooth.
4. Add sherry and stir.
5. Return chicken and mushrooms to pan, sprinkle with paprika, cover and simmer for about 20 minutes.
6. Serve with brown or wild rice.
7. Enjoy! Serves 4-6 (serving is 1/2 cup rice topped with ½ chicken breast topped & ¼ cup sauce)

Cream of Wild Mushroom Soup

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Ingredients:

- 1 cup shitake mushrooms (stems removed)
- 1 cup cremini mushrooms (stems removed)
- 1 cup portabello mushrooms (stems removed)
- 2 tbsp. olive oil
- 1 tbsp. dried thyme
- 1 tsp. butter
- ½ cup shallots finely chopped
- 1 cup evaporated skim milk
- 1 tbsp. flour
- 2 tsp. nutmeg
- ¼ cup marsala wine
- 3 cups low sodium chicken or vegetable broth
- 1 cup low-fat milk

Cream of Wild Mushroom Soup

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Directions:

1. Slice mushrooms thinly
2. In large saucepan, cook mushrooms & thyme in oil until just tender – over medium heat.
3. Remove mushrooms with slotted spoon – set aside.
4. Add butter to saucepan then add shallots and cook about 2 minutes.
5. In bowl, combine evaporated skim milk, flour and nutmeg.
6. Add milk mixture, ½ reserved mushrooms, broth & marsala to saucepan.
7. Cook and stir until thickens a bit – about 10 minutes.
8. Spoon ½ mixture into blender and blend at low to medium speed until smooth. Pour mixture into bowl.
9. Repeat with remaining mixture.
10. Return to saucepan, stir in remaining mushroom slices, low-fat milk & reheat until just boiling.
11. Thin to desired consistency with additional low-fat milk or broth.
12. Enjoy!

Serving size: 1 cup