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Chicken ala King

Ingredients

1 (10¾ -ounce) can condensed cream of chicken soup, undiluted

3 Tablespoon flour

¼ teaspoon pepper

2 large skinless chicken breast, cut into cubes

2/3 cup water

2 1/3 cups mixed vegetables, frozen

Makes 4 servings

Instructions

1. In a slow cooker, combine soup, flour and pepper. Blend until smooth. Stir in chicken.
2. Cover and cook on low for 6 hours.
3. In pan on stove top bring 2/3 cup water to a boil. Add frozen vegetables, bring to a second boil. Reduce heat, cover and simmer until tender, approximately 10-12 minutes; drain.
4. Stir prepared vegetables into crock pot mixture, serve.

Serving Suggestions:

- Serve over brown rice, whole grain pasta, toast or biscuits.

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 4

Amount Per Serving

Calories 240	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 670mg	**28%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 24g	

Vitamin A 20% • Vitamin C 6%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

23% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. February 2009

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