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Chicken in Mushroom Gravy

Ingredients

1 - 3 pound chicken, cut up and skin removed (*or* 3 whole chicken breast halved)

salt and pepper to taste (optional)

¼ cup low sodium chicken broth

1 (10¾ -ounce) can condensed cream of mushroom soup

1 (4-ounce) can sliced mushrooms, drained

Makes 9 servings

Instructions

1. Place chicken pieces in crock-pot. Season with salt and pepper, if desired.
2. Mix broth and soup, pour over chicken. Add mushrooms.
3. Cover and cook on low 7 to 9 hours or on high fro 3 to 4 hours.

Notes:

- Recipes may be doubled for the 5-quart model.
- Chicken Parisienne: Prepare recipe as directed above. Remove cooked chicken pieces to warm serving platter. Stir together 1 cup sour cream and ¼ cup flour. Stir sour cream mixture into mushroom gravy. Heat for 30 minutes on low. Serve sauce over chicken with rice or noodles.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 9

Amount Per Serving

Calories 210	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 105mg	**35%**
Sodium 400mg	**17%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	**0%**
Sugars 1g	
Protein 33g	

Vitamin A 2% • Vitamin C 6%
Calcium 2% • Iron 10%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

30% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. November 2009

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