



KITCHEN TOOLS

- Oven
- 9x13 baking dish
- Pot
- Spoon

YOU WILL NEED

- Cooking Oil
- 2 or 3 russet potatoes
- ½ teaspoon garlic powder
- 1 onion
- 2 chicken breasts
- 1 Tablespoon flour
- 1 ½ cup broth
- 1 cup milk
- Salt and Pepper

OPTIONAL

- Diced Squash
- Broccoli Florets
- Diced Bell Pepper

THE ICEBOX QUEEN

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CREAMY CHICKEN AND POTATO CASSEROLE¹ feeds eight – 1 hour

Peel and dice potatoes. Dice chicken breast. Dice onion. Combine all in baking dish with any optional vegetables and toss with garlic powder, ½ teaspoon salt, ¼ teaspoon pepper, and 1 Tablespoon oil. Bake in 425 degree oven for 35 minutes.

Measure 1 Tablespoon oil in pot. Add 1 Tablespoon flour. Stir together for a few minutes, until it becomes a paste. Add broth and milk, and bring to a boil over medium heat. Add ½ teaspoon salt. Stirring often, cook about 5 minutes, until mixture is thick and creamy.

Pour creamy sauce over chicken and vegetables in baking dish. Bake in 375 degree oven 10 minutes.

¹ Cooking Video is at CaldwellFoodPantry.com