

# Chicken & Gravy

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Cooking time (minutes):

3 Microwave

5 Wok

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>4</b>
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cups

4.3

**Chicken Breasts**

**can cups**

**4 3 2 1**

1.0

**Vegatables, frozen**

**diced cups**

**4 3 2 1**

1.0

**Bean, green frozen**

**cups**

**2 1 1/2 1 1/2**

0.5

**Carrots, small raw**

**cut 1/2s cups**

**2 1 1/2 1 1/2**

0.5

**Onion, sliced**

**cups**

**2 1 1/2 1 1/2**

0.5

**Gravy, chicken**

**cups**

**3 2 1/4 1 1/2 3/4**

0.8

3 Add to wok & Mix

Cook until heated - about 3 minutes

Serve &/or Add to paper cups & Frig for days or Freezer for months

OR

5 Add ingredients to wok

Cook until heated - about 5 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months