

Vegetable Chicken Stew

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Cooking time (minutes):

3 Microwave

5 or Wok

cups

4.3

Yield:	cups	16	12	9	4
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Chicken Breasts	can	cups	4	3	2	1	1.0
Tomatoes, stewed	can	cups	2	1 1/2	1	1/2	0.5
Vegetables, frozen	diced	cups	2	1 1/2	1	1/2	0.5
Potato, frig	cut 1/2's	cups	2	1 1/2	1	1/2	0.5
Cauiflower, frozen		cups	2	1 1/2	1	1/2	0.5
Broccoli, frozen		cups	2	1 1/2	1	1/2	0.5
Broth, chicken		cups	4	3	2	1	0.8
Garlic	spice	TBSP	4	3	2	1	
Celery	spice	teasp	1	3/4	1/2	1/4	

Add to bowl & Mix

3 Cook until heated - about 3 minutes

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

OR

Add ingredients to wok

5 Cook until heated - about 5 minutes

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