

# Chicken Stroganoff

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Cooking time (minutes):

cups

3 Microwave  
5 or Wok

<b>Yield:</b>	<b>cups</b>	<b>16</b>	<b>12</b>	<b>9</b>	<b>4</b>
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4.3

<b>Chicken Breasts</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	1.0
<b>Flour</b>		<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>	0.3
<b>Mustard</b>		<b>teasp</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>	

Add to bowl & Mix

<b>Mushroom</b>	<b>can</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	0.5
<b>Vegatables, frozen</b>	<b>diced</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	1.0
<b>Onion, sliced</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	0.5
<b>Chicken broth</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	0.5
<b>Wine, white</b>		<b>oz</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	

Add to bowl & Mix

3 Microwave until heated - about 3 minutes

<b>Crean, sour</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	0.5
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Add to bowl & Mix

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

<b>Crean, sour</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	
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Add to wok & Mix

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