

# Vegetables with Chicken/Tuna [To go back to INDEX - Click INDEX tab](#)

Cooking time (minutes):

3 Microwave

5 or Wok

cups

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

3.8

<b>Chicken Breasts</b>	<b>can</b>	<b>cups</b>	<b>3</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
------------------------	------------	-------------	----------	--------------	----------	------------

1.0

OR

<b>Tuna</b>	<b>can</b>	<b>cups</b>	<b>3</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
-------------	------------	-------------	----------	--------------	----------	------------

<b>Mushroom, Sliced</b>	<b>can</b>	<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Vegetables, frozen</b>	<b>diced</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Bean green frozen</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Potatoes, from frig</b>	<b>cut/2's</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Carrots, small</b>	<b>cut/2's</b>	<b>cup</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Onion, chopped</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Salt</b>	<b>spice</b>		<b>to taste</b>			
<b>Pepper, black</b>	<b>spice</b>		<b>to taste</b>			
<b>Chilly Powder</b>	<b>spice</b>		<b>to taste</b>			

0.3

0.5

0.5

0.5

0.5

0.5

Add to bowl, Mix & Cover with food plastic wrap

NOTE: Can add sauce: Alfredo, Spaghetti, Pesto or others

Also can use one of the soups

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