

Onion-Mushroom Chicken

[To go back to INDEX - Click INDEX tab](#)

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
Onion soup	can	cups	3	1 1/2	1	1/2	0.5
Mushroom, Sliced	can	ozs	3	1 1/2	1	1/2	0.5
Vegatables, frozen	diced	cups	4	3	2	1	1.0
Carrots, small fresh	cut 1/2s	cups	3	1 1/2	1	1/2	0.5
Potatoes, frig	cut 1/2s	cups	3	1 1/2	1	1/2	0.5
Wine, red		cups	1	3/4	1/2	1/4	0.3

Add to bowl & Mix

3 Microwave 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