

# Spaghetti Chicken

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Cooking time (minutes):

7 Microwave

cups

<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>Spaghetti, raw</b>	<b>lbs</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Water</b>	<b>inches over pasta</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>

0.7

4 Add to bowl & Microwave for 4 minutes on high

Drain & Leave in bowl

<b>Chicken Breasts</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Soup, Tomato-Bisque</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1/2</b>
<b>Musrooms</b>	<b>can</b>	<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Vegatables, frozen</b>	<b>diced</b>	<b>cups</b>	<b>3</b>	<b>2 1/4</b>	<b>1 1/2</b>	<b>3/4</b>
<b>Beans, green, frozen</b>		<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Broth, chicken</b>		<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1/2</b>
<b>Ketchup</b>		<b>oz</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>

1.0

0.5

0.3

0.8

0.5

0.5

Add to bowl & Mix

3 Microwave until heated - about 3 minutes

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