

Sweet Onion Chicken

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Cooking time (minutes):

3 Microwave

5 or Wok

cups

Yield:	cups	16	12	8	4
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Chicken Breasts

can cups

4 3 2 1

0.5

Soup, Onion

can cups

4 3 2 1

0.5

Vegatables, frozen

diced cups

4 3 2 1

0.5

Ketchup

cups

2 1 1/2 1 1/2

1.5

Jelly, grape or plum

ozs

4 3 2 1

1.0

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