

# Tomato-Mushroom Chicken

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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>
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<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>Tomato Sauce</b>	<b>can</b>	<b>#</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	0.5
<b>Mushroom</b>	<b>can</b>	<b>#</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	0.5
<b>Onion &amp; Peppers</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	1.0
<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>Garlic, minced</b>	<b>spice</b>	<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>	
<b>Italian Seasoning</b>	<b>spice</b>	<b>TBSP</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	

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