

Chicken

Easy Southwest Chicken

Campbell's Fabulous One-Dish Meals - p10

Servings: 4

Preparation Time: 5 hours

20 hours

1 tablespoon vegetable oil

4 skinless boneless chicken breast (about 1 pound)

1 can (10 3/4 oz) condensed Golden Corn Soup

1 can (8 oz) stewed tomatoes, cut up

1 teaspoon chili powder

1/4 teaspoon garlic powder

Hot cooked rice

Fresh parsley sprig for garnish

In 10-inch skillet over medium-high heat, in hot oil, cook chicken 10 minutes or until browned on both sides. Remove; set aside. Spoon off fat.

In same skillet, combine soup, tomatoes, chili powder, and garlic powder. Heat to boiling.

Return chicken to skillet. Reduce heat to low.

Cover; cook 5 minutes or until chicken is no longer pink, stirring occasionally.

To serve, arrange chicken over rice. Stir sauce and spoon over chicken. Garnish with parsley.

Serving Ideas: Recipe may be modified by adding 1/2 cup shredded Monterey Jack cheese (2 oz), and 2 tablespoons finely chopped green pepper over the cooked chicken in step #4. After removing from heat, cover and let stand 1 minute until cheese melts.

Per Serving (excluding unknown items): 33 Calories; 4g Fat (93.2% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.