

## Chicken

---

# Harvest Chicken Skillet

Campbell's Easy Summer Recipes - p14

**Servings: 4**

**Preparation Time: 10 hours**

**Cook Time: 20 hours**

**2 tablespoons vegetable oil**

**4 skinless boneless chicken breasts (about 1 pound)**

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

**1/4 cup milk**

**3/4 teaspoon garlic powder**

**1/8 teaspoon pepper**

**1 1/2 cups chopped tomato**

**1 tablespoon fresh parsley, chopped**

**4 cups hot cooked rice**

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

In skillet, heat soup, milk, garlic and pepper to boiling.

Add chicken. Cover; cook over low heat for 5 minutes or until chicken is no longer pink, stirring often.

Stir in tomato and parsley. Heat.

Serve with rice. Garnish with parsley.

---

Per Serving (excluding unknown items): 326 Calories; 8g Fat (22.5% calories from fat); 6g Protein; 56g Carbohydrate; 2g Dietary Fiber; 2mg Cholesterol; 18mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.