
Chicken Stew

MaryAnn Westwood

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 can cream of chicken soup
1 can cream of mushroom soup
1 can cream of celery soup
5 to 6 potatoes, peeled
5 to 6 carrots
1 onion
Lawry's seasoned salt
1 large whole hen chicken

Preheat the oven to 350 degrees.

Wash the chicken and pat dry. Sprinkle the chicken with seasoned salt inside and out. Place the chicken in a roasting pan, surrounded by the vegetables.

Pour all three cans of soup over the chicken and vegetables. Do not dilute.

Bake in the oven for 2 to 2-1/2 hours.

Soups, Chili, Stew

Per Serving (excluding unknown items): 1015 Calories; 23g Fat (20.2% calories from fat); 25g Protein; 183g Carbohydrate; 24g Dietary Fiber; 27mg Cholesterol; 3133mg Sodium. Exchanges: 8 1/2 Grain(Starch); 10 1/2 Vegetable; 4 Fat.