

Luncheon Chicken Loaf Illinois

Shirley Wheatley - Highland, IL
Treasure Classics - National LP Gas Association - 1985

Servings: 8

*1 four pound chicken
salt (to taste)
1 cup cooked rice
4 eggs, well beaten
2 cups bread crumbs
1 1/2 teaspoons salt
3 cups chicken stock
MUSHROOM SAUCE
1/2 cup butter
1 cup sliced mushrooms
1/4 cup flour
2 cups stock
1/4 cup milk
1/8 teaspoon paprika
1/2 teaspoon parsley
1/2 teaspoon lemon juice
salt (to taste)
pepper (to taste)*

Preparation Time: 1 hour

Bake Time: 1 hour

Cook the chicken in salted water in a saucepan until tender. Remove the meat from the bones. Discard the skin.

In a bowl, combine the chicken, rice, eggs, bread crumbs salt and chicken stock. Pour the contents into a 9x13-inch baking dish.

Bake, uncovered, in a 300 degree oven for one hour. Place one cup of water in the oven to keep the loaf from drying out.

Serve with hot mushroom sauce.

MAKE THE MUSHROOM SAUCE: In a saucepan, melt the butter. Add the mushrooms. Simmer for 5 minutes. Add the flour and blend. Gradually add the stock and blend. Cook until smooth, stirring constantly. Add the milk and paprika, parsley, lemon juice, salt and pepper.

Per Serving (excluding unknown items): 707 Calories; 45g Fat (58.7% calories from fat); 41g Protein; 31g Carbohydrate; 1g Dietary Fiber; 308mg Cholesterol; 1725mg Sodium. Exchanges: 2 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 6 Fat.