

AMERICAN CASSEROLE

UTENSILS: Large Skillet & Master Kut (may use JUMBO or ELECTRIC – double recipe)

INGREDIENTS:

3 Boneless, Skinless Frozen Chicken Breasts
16 oz Frozen Broccoli Florets
12 oz Cheddar Cheese
2 Cans Broccoli Cheese Soup
1 Large Baking Potato

COOKING INSTRUCTIONS:

Preheat the SKILLET on MEDIUM HIGH heat for 3 minutes. Add the CHICKEN to the skillet and saute until brown; the chicken will stick to the skillet at first, but will release juices and loosen as it cooks. Cut Chicken into strips or cubes. Mix SOUP, BROCCOLI, and POTATO (#1 cone) in a mixing bowl. Cover chicken with soup mixture. Cover, whistle open and continue cooking on medium heat; when the whistle sounds, close the whistle and reduce to LOW heat. Cook for 10-15 minutes or until the potato is done. Sprinkle with the cheese (#1 cone) and cover; let stand for 3-5 minutes or until cheese melts.

Serve as a casserole, a wrap in flour tortillas, or as a dip with tortilla chips.

