



Noreen's Kitchen

Classic Creamed Chicken

Ingredients

2 pounds boneless, skinless chicken breast	1/4 cup all purpose flour
2 tablespoons vegetable oil	1 cup heavy cream or half and half
4 cups chicken stock	1/2 teaspoon cracked black pepper
1 medium onion, chopped	1 teaspoon onion powder
2 stalks celery, sliced	1 teaspoon garlic powder
2 cloves garlic, minced	1 teaspoon poultry seasoning
1/2 cup red bell pepper, chopped	1 cup frozen mixed veggies
1 cup mushrooms, sliced	
4 tablespoons butter	

Step by Step Instructions

Cut chicken into small cubes.

Heat oil in a large, heavy bottomed skillet.

Add chicken and cook until almost done all the way through.

Add celery, onion, bell pepper and garlic and sauté until fragrant.

Remove chicken and veggies from the pan and set aside.

Add butter to the pan and melt completely. Whisk in butter to make a roux.

Add onion powder, garlic powder and poultry seasoning. Stir well.

Continue to stir for a few minutes until the mixture takes on a nutty aroma.

Add chicken stock to the roux, whisking the entire time. Continue to stir until the mixture thickens to a light sauce.

Add chicken and vegetables back to the pan and stir well. Simmer on low for five minutes.

Add heavy cream and frozen vegetables and stir well to combine. Simmer for an additional five minutes.

Add salt and pepper to taste. Remove from heat and allow to rest for five minutes before serving.

Serve over mashed potatoes, rice, toast, homemade biscuits or fresh cooked waffles!

Enjoy!