

Chicken Tetrazzini Casserole

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Servings: 8

1 four pound chicken, cut up
1 medium onion
1 teaspoon peppercorns salt
1 teaspoon sugar
1 bay leaf
1 stalk celery (with tops)
5 quarts water
1 package (one pound) spaghetti
2 cups mushrooms, sliced
1 large onion, chopped
1 jar (2 ounce) pimiento, chopped
2 tablespoons margarine, melted
2 cups Veloute sauce, ***
see note ***
grated Parmesan cheese

Preheat the oven to 400 degrees.

In a cooking pot, combine the chicken, whole onion, peppercorns, one tablespoon of salt, sugar, bay leaf, celery and water. Simmer about three hours or until the chicken is tender.

Remove the chicken from the bones. Cut into small pieces. Set aside.

Strain the broth, reserving two cups for the Veloute sauce. Bring the remaining broth to a boil. Add salt to taste. Cook the spaghetti in the boiling broth until tender.

In another pan, saute' the mushrooms and vegetables in margarine. Set aside. In a bowl, combine the chicken, spaghetti, vegetables and Veloute sauce.

Spoon the mixture into a three-quart casserole. Top with Parmesan cheese.

Bake for 20 minutes.

(Can be prepared ahead of time. Cook slightly longer if refrigerated.)

NOTE

(Veloute Sauce - A white sauce that uses chicken stock instead of milk.)

Per Serving (excluding unknown items): 486 Calories; 32g Fat (60.8% calories from fat); 34g Protein; 12g Carbohydrate; 1g Dietary Fiber; 170mg Cholesterol; 184mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.