

Chicken Biscuit Skillet

*Keri Boffeli, Monticello - IA
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Servings: 6

*1 tablespoon butter
1/3 cup onion , chopped
1/4 cup all-purpose flour
1 can (10-1/2 ounce)
condensed chicken broth,
undiluted
1/4 cup fat-free milk
1/8 teaspoon pepper
2 cups cooked chicken
breast half, shredded
2 cups (10 ounce) frozen
peas and carrots, thawed
1 tube (12 ounce)
refrigerated buttermilk
biscuits, quartered*

Preparation Time: 30 minutes

Preheat the oven to 400 degrees.

In a ten-inch cast-iron or other ovenproof skillet over medium-high heat, melt the butter. Add the onions. Cook and stir until tender, 2 to 3 minutes.

In a bowl mix the flour, broth, milk and pepper until smooth. Stir into the pan. Bring to a boil, stirring constantly. Cook and stir until thickened, 1 to 2 minutes.

Add the chicken and peas and carrots. Heat through. Arrange the biscuits over the stew.

Bake until the biscuits are golden brown, 15 to 20 minutes.

Per Serving (excluding unknown items): 187 Calories; 7g Fat (36.6% calories from fat); 22g Protein; 7g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 345mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Fat.