
Curried Chicken II

John Nash - Dayton's Brookdale Home Store

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

1 small frying chicken, cut up

salt

pepper

1 can (10-3/4 ounce) cream of mushroom soup

1/2 cup chopped onion

1 can (8 ounce) mushrooms, undrained

1 package (4 ounce) shredded Cheddar cheese

1/4 teaspoon curry powder

Preheat the oven to 300 degrees.

Place the chicken breasts into a 9x13x2-inch baking pan. Sprinkle with salt and pepper.

In the top of a double boiler over simmering water, combine the soup, onion, mushrooms, cheese and curry powder. Heat until the cheese is melted. Pour over the chicken.

Bake for three hours. Do not cover or stir. (If the sauce browns too quickly, cover with foil during the last 30 minutes of baking.)

Chicken

Per Serving (excluding unknown items): 155 Calories; 12g Fat (67.5% calories from fat); 8g Protein; 5g Carbohydrate; 1g Dietary Fiber; 30mg Cholesterol; 434mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.