



RECIPE

Creamy Chicken & Green Bean Pasta



INGREDIENTS

- 1 can cream of mushroom soup
- Cooked package of noodles
- 1 can of chunk chicken, drained
- 1 can green beans, drained
- Can of pears, drained

Other Additional Ingredients:

- Light sour cream
- ½ cup milk or water
- Salt & pepper to taste
- Onion, chopped (optional)
- 2 Tablespoons olive oil (optional)
- Cheese, parmesan or mozzarella (optional)

COOKING TOOLS AND UTENSILS

- Large, tall cooking pot
- Cooking pan (medium-sized)
- Mixing spoon/spatula
- Can opener
- Measuring spoon
- Strainer
- Sharp knife
- Cutting board

SERVES: 4

DIRECTIONS

1. Cook pasta in cooking pot. *See instructions below on how to cook pasta.
2. If using an onion to flavor your dish, heat olive oil in cooking pan. Once oil is hot, add onions and sauté until slightly translucent.
3. Once onions are cooked, combine chicken, cream of mushroom soup and green beans.
3. Heat through.
4. Stir in 4 oz. sour cream and ½ cup milk or water just before serving over pasta.
5. Optional: sprinkle cheese on top of pasta dish.
6. Season with salt & pepper to taste.
7. Serve with pears as your side of fruit.

How to Cook Pasta:

Ingredients:

- Dry pasta
- 4 to 6 quarts of water
- 1 to 2 tablespoons of salt

*If there are instructions on the package, follow the recommended instructions.

Fill a large, tall pot with water and place over high heat. When the water begins to boil, add salt. After the salt has dissolved and the water is boiling steadily, add the pasta to the water and stir frequently the first 2 minutes (and then occasionally until the end of the cooking process).

After the pasta boils for about 8 minutes, start testing the pasta to see if it's done. Test by removing a noodle and allow it to cool slightly (it will be hot!). After cooling, taste it to see if it's cooked to your liking. If completed to your liking, drain noodles using a strainer.

DIETARY CLAIMS

Contains dairy; Nut-free; Halal

Recipe Credits: Adapted from: The Sheridan Story