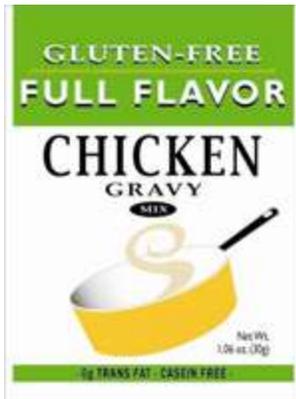


# FULL FLAVOR FOODS



## CHICKEN STEW



- 1 package of Chicken Gravy Mix
- 1 C. chicken meat, cooked
- 1 C. mixed vegetables (cooked or frozen)

In a medium size pot prepare 1 package of **Chicken Gravy Mix** as directed. Bring to boil, stirring constantly. Reduce heat and stir in 1 C. cooked chicken meat and 1 C. mixed vegetables (fresh or frozen). Return stew to a boil. Reduce heat. Simmer 3-5 minutes. Remove from heat. Serve over GF toast, rice or noodles.

\*Baking Option: Preheat oven to 350°F. Place stew in casserole dish, cover with mashed potatoes, bake 20 minutes.

Makes approximately 3 – 8 oz servings.