

SOUTH AMERICAN CHICKEN

1 chopped onion
1 to 2 chopped celery ribs
1 can tomato soup
3/4 t. nutmeg
1-1/2 c. shredded potatoes
1 c. shredded carrots

1/3 c. orange juice

1/2 t. salt

1/8 t. pepper

4 boneless chicken breasts

1/4 bouquet or browning sauce Microwave onion and celery on high uncovered for 3 minutes. Stir in soup and nutmeg. Reserve 1/2 coup. Add potatoes, carrots, juice, salt and pepper. Stir and cover. Cook on high 12 minutes, stirring twice, until vegetables are just tender. Place chicken on vegetables and brush tops with browning sauce. Cover and cook on high 10 minutes. Rotate and cook on medium for ?? minutes. Let stand 5 minutes covered. Makes 4 servings at 319 calories each.

Date Entered: July 2, 1989

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