

Mushroom Chicken

By Patrice Herring, ALA mom

2lb chicken breasts,

3 cans Frys organic mushroom soup,

2tbsp mayonnaise,

1 package organic mushrooms, sliced

1 large onion, diced

favorite oil (avocado, olive, canola),

Garlic Powder (4 tbsp or more),

Onion Powder (3 tbsp or more),

Salt (1 tsp),

Pepper (1tbsp)

aluminum foil

1. Pre-heat oven to 350 degrees.
2. Put Oil in large pan
3. add raw chicken breasts to pan to sauté,
4. sprinkle lots of garlic and onion powder on chicken, a little salt and pepper. Brown both sides of chicken.
5. Coat bottom of baking dish with a little oil (preferably olive). Put chicken aside in oiled baking dish.
6. Add more oil to pan if needed; Let oil get hot and sauté diced onion and sliced mushrooms
7. Transfer onions and mushrooms to large mixing bowl after being sautéed
8. To mixing bowl of onions and mushrooms, add 3 cans of organic mushroom chicken soup and 2tbsp of mayonnaise. Also add lots of garlic powder, onion powder, a little salt and pepper to mixture. Mix all of the ingredients in bowl.
9. Add mixture to chicken in the baking dish.
10. Place foil over the top of baking dish. Place dish in oven for 1.25 hours. If using convection oven 45 minutes.
11. This dish goes nicely with rice and broccoli. Enjoy!