

# Chicken, Veggies and Sauce

*Unit: Large Skillet*

- 1 - 32 oz. Jar of pasta sauce (white or red) or cream of mushroom soup**
- 3-4 - Frozen skinless Chicken breasts**      **2 - Red potatoes** (cut on #3 blade)
- 1 - 16 oz. Bag of frozen vegetables**      **1 - Medium onion** (cut on #2 blade)
- 4 - Cloves of garlic (minced)**

Preheat the skillet on medium-high heat until water beads like mercury when flicked into the unit. (475 on electric) Place the chicken into the unit and cook for 8 minutes.

Next flip the chicken and add all remaining ingredients except for the frozen vegetables. Cover and rotate the valve below the knob to open. Turn to medium heat (325 on the electric skillet) until the lid is stinging hot or the valve whistles.

When the valve whistles, reduce to low heat (250 on the electric skillet) and cook for 20 minutes. If you like your veggies crisp, then pour them into the unit about 5 minutes before you eat and turn back to medium heat until they are done to your likeness.

**\*\*You can add 1/2 - cup of uncooked rice if you want\*\***

**\*\*Just spread it out over the sauce when you add it\*\***