

GF Friendly

Chicken Casserole

A chicken and vegetable casserole

I chose chicken for this recipe because it cooks quicker, but any meat would do as long as it is sliced thinly. The soup was only half a 420g can and the remainder was put in a container for freezing. Other vegetables can be used such as parsnip, swede and celery, layered as below.

- 250-300g chicken breast fillet
- 210g condensed mushroom soup
- 1 cup water
- 1 Tbsp chicken stock powder
- ½ tsp turmeric
- 1 Tbsp chicken gravy powder
- 1 Tbsp sherry
- 1 medium onion, peeled and sliced in rings
- 1 carrot, peeled and thinly sliced
- 1 turnip, peeled, cut in half then thinly sliced
- 1 large potato, peeled and sliced
- Paprika for sprinkling on the chicken



Trim any fat from the chicken breast, then slice thinly at an angle across the width. Parboil the sliced potato until just softening and drain. In a suitable bowl, mix the gravy powder with a little water until smooth; then add the rest of the water, stock powder, soup, turmeric and sherry and combine well.

In a large casserole dish, layer half of each of the carrot and turnip; then spread half of the chicken slices evenly and sprinkle with a little paprika. Top this with half of the sliced onion. Repeat the process in the same order and pour on half of the soup mixture. Carefully arrange the potato slices over the top and pour on the remaining soup mix.

Place a lid on the casserole dish and bake on 162°C fan-forced (180°C conventional) for 1 hour covered. Remove the lid and bake on the same temperature for a further 30 minutes to reduce some of the liquid. If you want the potatoes browned, brush with melted butter for the final stage.

Serves up to 4 with extra vegetables

remove any potatoes before freezing

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