

EASY CHICKEN SHEPHERD'S PIE

Preparation time: 15 minutes

Wait time: 7 minutes

Number of servings: 2

INGREDIENTS

- 1 large potato or 2 small potatoes
- 1 can of cooked chicken
- 2 cups frozen or 1 can of vegetables
- 1 can cream of mushroom or cream of chicken soup
- 1 Tablespoon margarine or butter
- 4 Tablespoons milk



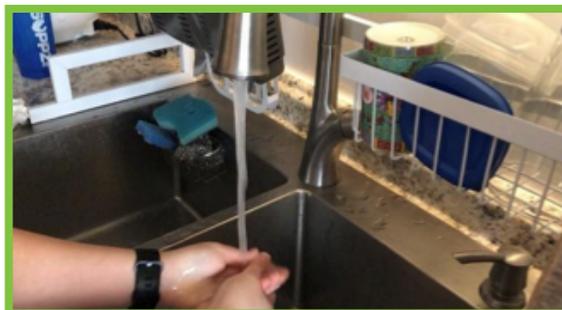
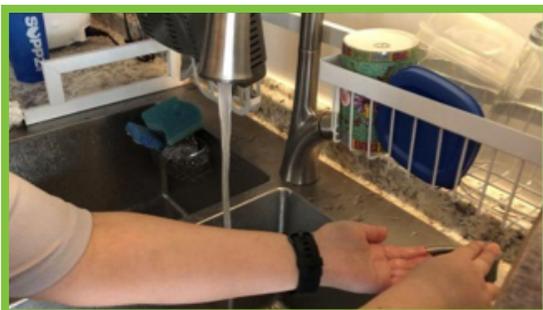
SUPPLIES

- Fork
- Spoon
- Microwave
- Microwave safe dish
- Microwave safe plate
- Can opener
- Spatula
- Medium size bowl
- 1 Tablespoon measuring spoon
- Chopping board
- Paring knife



INSTRUCTIONS

1. Wash your hands under warm water with soap for 20 seconds.



2. Dry your hands with a clean towel.



3. Wash and scrub the potato under warm water.



4. Poke holes into the potato with a fork.



5. Place the potato onto a microwave safe plate.

6. Microwave the potato on the plate for 5 minutes or until soft.



7. Carefully take the potato out of the microwave.



8. Set the potato aside to cool.

9. Use a can opener to open the can of chicken.



10. Drain the liquid from the can into the sink while pressing down on the lid of can.



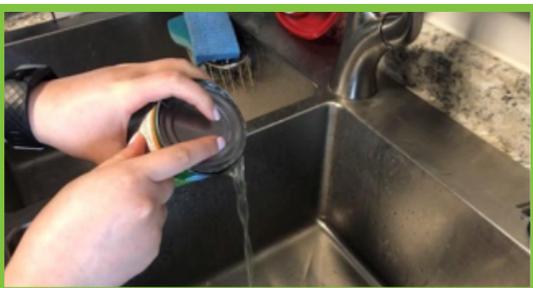
11. Pour the chicken into a medium sized bowl.



12. Use a can opener to open the can of green beans.



13. Drain the liquid from the can into the sink while pressing down on the lid of can.



14. Pour the green beans into the medium sized bowl with the chicken.



15. Use a can opener to open the can of cream of mushroom soup or if your can has a tab to lift open, lift the tab and pull the lid open.



16. Pour the cream of mushroom soup into the medium sized bowl with the chicken and the green beans.



17. With a mixing spoon, mix the chicken, green beans, and the cream of mushroom soup in the medium sized bowl.



18. In a microwave-safe dish, spread the chicken, green beans, and cream of mushroom soup mixture onto the bottom of the dish.



19. Set the microwave-safe dish aside.

20. Cut your cooked potatoes in half.



21. With a spoon, scoop out the cooked and cooled potatoes and put them into a separate bowl.



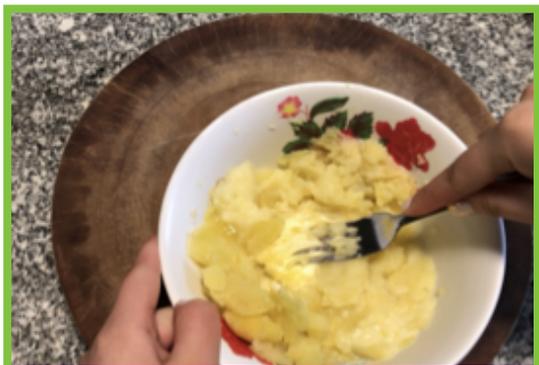
22. Measure out 1 Tablespoon of butter or margarine and add it to the potatoes.



23. Measure out 4 Tablespoons of milk and add it to the potatoes.



24. With a clean mixing spoon, mix the potatoes, margarine, and milk.



25. Spread the potato mixture on top of the chicken, green beans, and cream of mushroom in the microwave safe dish.



26. Microwave the potato and chicken mixture for 2 minutes or until hot!



27. Carefully remove the microwave safe dish and enjoy half of the dish for one serving.



NUTRITION ANALYSIS

Easy Shepherd Pie		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	391.1	
		% Daily Value*
Total Fat	14.8 g	19 %
Saturated Fat	5.5 g	28 %
Trans Fat	0.3 g	
Cholesterol	49.1 mg	4 %
Sodium	1552.9 mg	68 %
Total Carbohydrate	46.3 g	17 %
Dietary Fiber	4.8 g	17 %
Total Sugars	5.8 g	
Added Sugars	0 g	0 %
Protein	18.2 g	
Vitamin D	0.5 mcg	2 %
Calcium	128.4 mg	10 %
Iron	1.6 mg	9 %
Potassium	1114.3 mg	24 %
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>		
<small>Full Info at cronometer.com</small>		<small></></small>

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