

# CREAMY CHICKEN STEW

1. FRY 1  
LARGE  
ONION  
(DICED)



2. ADD  
3 CHICKEN  
BREASTS  
(DICED)



3. COOK  
UNTIL  
BROWNE



4. ADD  
3 CARROTS  
(SLICED)



5. ADD 250g  
MUSHROOMS  
(SLICED)



6. STIR IN:  
1 TIN CREAM  
OF MUSHROOM  
SOUP

1 TIN OF PEAS  
AND  
 $\frac{1}{2}$  PINT OF MILK



7. SIMMER FOR 20 MINUTES AND SERVE WITH BULGUR WHEAT